

*Do you feel stressed? Do you have methods to cope with stress?
Are you interested in improving body awareness as well as emotional and social skills?*

In the SomeBody® sessions we will use functional exercises to give you tools to improve your body awareness and self-consciousness.

By participating in the SomeBody® method, you will

- improve your ability to recognize and handle emotions,
- understand how your emotions and thoughts affect your body,
- learn to relax and cope with stressful situations,
- improve your social interaction skills.

There will be 10 sessions held by Mari Törne and Krista Leväjäarvi. The sessions will be held on **Wednesdays at 16:45-18.15** in the SAMK Pori main campus, in the classroom A356 on the following dates:

- Wed 16.1. 2019
- Wed 23.1.2019
- Wed 30.1.2019
- Wed 6.2.2019
- Wed 13.2.2019
- Wed 6.3.2019
- Wed 13.3.2019
- Wed 20.3.2019
- Wed 3.4.2019
- Wed 10.4.2019

IF YOU GOT INTERESTED, **PLEASE ENROLL AT LATEST 19.12.2018** BY SENDING AN E-MAIL TO THE FOLLOWING ADDRESS: mari.torne@samk.fi

If you want to know more, please contact: mari.torne@samk.fi or krista.levajarvi@samk.fi.



SomeBody® is an interactive method developed at Satakunta University of Applied Sciences for counselling. The method promotes body awareness (physical activity, breathing, relaxation, body awareness exercises). The experiences created in movement are shared in a group through action, thinking and participation. The aim is to promote students' body awareness as well as emotional and social skills. Another aim is to prevent marginalization and to enhance participation.