

Description

The “moving signs” workshop explores the relationship between movement and graphic expression as a language of creativity, inclusion and connection.

Through body-based activities and collaborative drawing practices, participants learn to listen to themselves and others, recognising creative resources, talents and aspirations. The energy of the group takes shape in a collective artwork capable of expressing both individual and shared experiences.

Methodology

The programme combines movement practices and collaborative drawing within a creative, participatory and collective process.

Objectives

- Develop self-awareness and active listening.
- Encourage collaboration, self-esteem and mutual trust.
- Promote inclusion.
- Contribute to reducing inequality.

