

AIMS

- Promote professional quality of life
- Providing a safe space for exploration with a body-mind focus at all levels
- Introduce self-care techniques to reduce burnout and compassion fatigue
- Raise awareness of the importance of the arts for health & wellbeing

FACILITATOR: DR THANIA ACARÓN, PhD BC-DMT RDMP FHEA

The Body Hotel is a movement and wellbeing workshop series providing a space for self-care for professionals, which targets symptoms of burnout and compassion fatigue. It holds a dual purpose: [personal growth](#) and [professional development](#).

The concept of The Body Hotel is simple: to 'check out' from daily life and 'check in' to our body. Participants will get to experience interactive, dynamic activities, and have ample time for reflection and discussion. The session objectives are to build resilience for essential workers by cultivating a space for recovery and self-nurture. The Body Hotel has been planned with a thematic structure which is accessible to participants of all abilities and does not require any prior experience with movement. Formats include online taster sessions, half day/full day intensives and monthly series (3-6 months).

“ The Body Hotel has given me a space to focus entirely on myself. My job means that I often arrive stressed out and exhausted. The Body Hotel has given me the opportunity to express myself in a safe space without being judged. ”
-Participant testimonial (Community worker)

THE BODY HOTEL TRAJECTORY

Edinburgh (2013-15) • Cardiff (2017; 2018)
Dundee (2018) • Tong Lu, China (2019)

Upcoming: Norway (2020)

PARTICIPANTS – Who is it for?

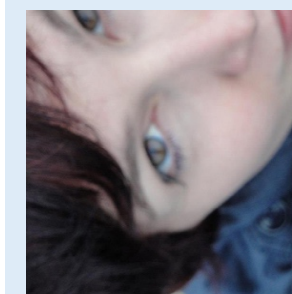
The Body Hotel is usually for **everyone (18+)**. This series will focus on **key workers during the COVID-19 pandemic**.

Previous participants included: professionals from the field of mental health, public health, arts therapies, education, arts, community work & corporate settings.

RATIONALE

During these critical times of the COVID-19 crisis, it is important to envision sources of support for the community. The need for health and wellbeing initiatives will be unprecedented as people shift into new social and professional identities.

Given the extremely difficult circumstances that essential workers continue to navigate and the incredible strain they will continue to endure during the aftermath of the pandemic, The Body Hotel aims to provide a safe space of respite. Body-based interventions provide an essential role in recuperation from extreme stress by targeting inner resourcing and reconnection with play, enjoyment and reflexivity, which are crucial to developing and nurturing resilience.



Dr Thania Acarón is a dance movement therapist, researcher, lecturer &

performer from Puerto Rico, currently based in Wales. Acarón obtained her PhD on the role of dance in violence prevention at the University of Aberdeen. She holds an MA in Dance Education from New York University and is certified as an educator & clinical supervisor in the UK and US.

Acarón currently works as a lecturer at University of South Wales in the Faculty of Creative Industries and directs her own artist collective. She also offers international workshops on movement for wellbeing, therapeutic work with the LGBT+ community, embodied decision making, contemporary dance, physical theatre, interdisciplinary therapeutic arts and violence prevention.

CONTACT

Email:

thania.acaron@southwales.ac.uk

Website:

www.thania.info

Instagram/Twitter

@thaniaacaron

Testimonials:

www.thania.info/bodyhotel