



# The Body Hotel

## Moving Self-Compassion Staff Wellbeing Programme



## Foreword

Helo, Claire Smith ydw I, a rydw I wedi bod yn gweithio mewn GIG Cymru am mwy na ugain mlynedd. Hello, my name is Claire Smith and I've been working in NHS Wales for more than twenty years.

I lead the NHS Wales Staff Health and Wellbeing Network, which was established in 2017, and now has membership from every Health Board / Trust in Wales, Social Care Wales, Welsh Government and Trade Unions. As a Network we assess and curate staff health and wellbeing support, share our local best practice and collaborate on all Wales projects where appropriate.

I've been involved in the Body Hotel for a past few years, and have first-hand experience of the beneficial outcomes it brings, both personally and professionally. I've been impressed how taking part has increased my confidence to present and speak up at various forums.

The saying "dance like no one is watching" really happened too, I now have more confidence to be me and accept who I am.



*Claire Smith*



## The Body Hotel Movement for Employee Wellbeing Brochure

Introduction and aims	Page 3	FAQs (Questions)	Page 7
Workshop Descriptions	Page 4	Testimonials	Page 8
Dates and Details	Page 5	Web Links	Page 9
Meet the Team	Page 6	Flyer	Page 10

**LET'S GET STARTED!**

# You time. Redefined.

We are back! After our successful Moving Respite project last year (watch [our short video](#), also in [BSL](#)), The Body Hotel has received new funding from Arts Council Wales and HEIW to offer a programme of employee wellbeing workshops across the health and social care sector in Wales!

This year, we offer you a wider variety of options to engage with your own self-care, prevent burnout, and support challenging work transitions. [Free of charge](#) to all NHS Wales Employees!



## AIMS



Tailor this programme to what you need and engage with creativity to energise, recharge and unwind.

The aims of The Body Hotel workshops are to:

1. Create positive spaces to explore your wellbeing creatively
2. Build confidence and foster compassionate relationships to the body
3. Learn new skills and practices which you can apply to all aspects of your life

Open to adults 18+ of all abilities employed by NHS Wales. We particularly encourage participants who are coming back to work from leave or are considering leaving work and want a positive space to support this transition.

## Workshop Descriptions



### ✓ Movement Cwtsh Cinio

[Book here](#) 

Take a short 'you time' break during lunch to **energise** and **unwind** with a **quick online activity** led live by a movement specialist. You can try a **taster** of The Body Hotel's new employee wellbeing programme, pop in and pamper yourself through creativity and expression! Each slot has a different theme. You can even get your colleagues involved in a team group activity together!

 20 minutes  Online - Live  Weds Bi-Weekly, Starting 5th April  
(NO session 19 April)  
Slot A: 12-12:20 Slot B: 12:30-12:50



### ✓ Recharge Movement Lounge

[Book here](#) 

An evening space to **recharge and reconnect** to ourselves. You will learn skills and practices that **prevent burnout** and build **positive connections** using dance/movement. We will move and reflect in a safe, nurturing environment, aiming to decompress, transform and have fun through **dynamic activities** that you can tailor to your own comfort level. No prior experience in movement needed.

 75 minutes  Online - Live  Weds Bi-Weekly, Starting 12th April  
Time: 18:00 -19:15h



### ✓ Self-Compassion Space

[Book here](#) 

In this **workshop intensive**, we will deepen our movement practice and treat ourselves to checking out from daily life and checking into our bodies. You will learn more about dance/movement as a tool for our wellbeing, and reflect on how we can **nurture and replenish** ourselves, enjoy connecting with others **in person**, and re-engage with **play and creativity**.

 3 hours  In-Person  Saturdays every 5-6 weeks,  
Starting 29 April; Time: 10-13h,

All activities are designed for **all abilities**, are exploratory in nature and you can adjust them as you need to while engaging in a safe, **non-judgmental space**. No prior experience in movement is necessary, just bring your curiosity and openness.

# Dates and Details

The workshops are **free of charge**, and **open to anyone** working across NHS Wales in the health and social care sector. We particularly encourage participants who are coming back to work from leave and/or are considering leaving work and want a positive space to support this transition. **Come to one session or all!**

**Register online** via Gwella and/or The Body Hotel and we will email your link. Cwtsch Cinio (lunchtime) will be held on Gwella's online platform. Evening sessions will run via Zoom. In-person intensives will be held at HEIW or the University of South Wales studios. We will confirm with you nearer the date.

Programme funded by Arts Council Wales Arts Health and Wellbeing Fund and Health Education and Improvement Wales. Additional partnership with Cwm Taf Morgannwg University Health Board.



01

## Movement Cwtsh Cinio

Short Movement Activities to Energise and Unwind

**Format:** 20 min, 2 slots available bi-weekly, online)

**Times:** 12:00-12:20 - Slot 1 and/or 12:30-12:50 - Slot 2

**Dates:** Wednesday 5 April, 3 May, 17 May, 31 May, 14 June, 28 June, 12 July, 26 July, 9 Aug, 23 Aug \*\*No session on 19 April

**Platform:** [Gwella](#)

02

## Recharge Movement Lounge

Evening 'You Time' Movement to Decompress and Reconnect

**Format:** 75 min, bi-weekly, online

**Time:** 18:00-19:15h

**Dates:** Wednesdays, 12 April, 26 April, 10 May, 24 May, 7 June, 21 June, 5 July, 19 July, 2 Aug, 16 Aug, 30 Aug, 13 Sept

**Platform:** Zoom - Book through [Gwella/The Body Hotel](#)

03

## Self-Compassion Space

In-Person Movement-for-Wellbeing Intensives

**Format:** 3 hour in person (every five-six weeks)

**Place:** HEIW Headquarters or USW Atrium Cardiff

**Dates:** Saturdays, 29 April, 3 June, 8 July, 12 Aug, 23 Sept

**Times:** 10:00-13:00h

**Booking:** [Gwella/The Body Hotel](#)

## WHO WE ARE AT THE BODY HOTEL

# Meet the Team



### **Dr Thania Acarón (she/her)**

*Founder and Workshop Facilitator, The Body Hotel*

✉ [thebodyhotel@gmail.com](mailto:thebodyhotel@gmail.com)

Thania is a lecturer, performer, choreographer and dance movement therapist from Puerto Rico, currently based in Wales. She obtained her PhD at the University of Aberdeen and holds a master's degree in Dance Education from New York University.

Acarón holds advanced certifications in clinical supervision and private practice in the UK (R-DMP) and US (BC-DMT). Thania currently works as a lecturer in arts, health and wellbeing and performance at the Faculty of Creative Industries at University of South Wales. Acarón has taught in over 10 DMT training programmes around the world.



### **Katie Henderson (she/her)**

*Programme Manager, Moving Self-Compassion*

✉ [thebodyhotelteam@gmail.com](mailto:thebodyhotelteam@gmail.com)

Katie is a Creative Practitioner focusing her work within arts in health, arts management and workshop facilitation. She anticipates graduating with a BA Hons in Creative and Therapeutic Arts from University of South Wales in the next few months and continues to develop her art practice. Katie is passionate about working with others and using creativity to support their health and wellbeing.



## FREQUENTLY

# Asked Questions

### How far in advance do I need to book?

You can access our lunch workshops (Movement Cwtsch Cinio) on the same day as these will be on Gwella and you will get a link via your email. We recommend you pre-book evenings and intensives as we have limited places. All sessions are stand-alone, so you can join the programme at any date. Registration for evenings and intensives will be done through a GDPR safe platform called Practice Better. You can pre-book as many sessions as you'd like.

### Are these workshops therapy?

No. While the workshop content will be focused on wellbeing and the sessions are led by a certified dance movement psychotherapist, each session is a hybrid of personal and professional development. The sessions might have some therapeutic benefits, but it is not therapy in the traditional sense. We can signpost you to dance movement psychotherapy practitioners if you are interested.

### What should I wear?

For the lunchtime workshops, you are okay to wear your regular work clothes, or what makes you feel comfortable. All our sessions are designed for you to participate at the level you need: You can be still, go wild or go steady: it's completely up to you. For the evening sessions, if you are tuning in from home, all you need is to clear a small space to move.

### What if I want to know more?

We have many resources that can offer insight into movement for wellbeing. Check out our videos on Gwella, Cultural Cwtsch, Youtube, LinkedIn and Instagram @thebodyhotel. If you have questions, email us at: [thebodyhotelteam@gmail.com](mailto:thebodyhotelteam@gmail.com)



# Testimonials



"It has been great to see the positive impact of attending The Body Hotel workshops on the wellbeing of CTMUHB staff. Many staff who have attended these sessions had never tried anything like this before and initially did not know what to expect. I have been amazed by their positive feedback, the workshops enable participants to express themselves in ways which help them to de stresses and energise within busy NHS jobs."

**- ESYLLT GEORGE, ARTS AND HEALTH COORDINATOR,  
CWM TAF MORGANNWG UNIVERSITY HEALTH BOARD**

"The Body Hotel has been a great experience for me. I was hesitant to sign up at first because it was so different from anything I had tried before. I was very nervous about how much we would have to share our feelings [...]. Thania made me feel comfortable and my worries were soon out of the window."



"Amazing sessions. I worked through work and personal challenges (including my relationship with health issues) by moving with others and the timing was really helpful."



The Body Hotel

Web links: [linktr.ee/thebodyhotel](https://linktr.ee/thebodyhotel)

# Websites, Links and Contact Info

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The Body Hotel is a Wales-based social enterprise focusing on movement as a tool for employee wellbeing.

Website: [www.thebodyhotel.com](http://www.thebodyhotel.com)

Email: [thebodyhotel@gmail.com](mailto:thebodyhotel@gmail.com)

Instagram / Facebook / Linked In / Twitter: [@thebodyhotel](#)

Links and Resources: [linktr.ee/thebodyhotel](https://linktr.ee/thebodyhotel)

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**Moving Respite** - short documentary on The Body Hotel's most recent employee wellbeing programme working with Health and Education Improvement Wales. Project funded by Arts Council Wales and evaluated by Wales School for Social Prescribing Research (WSSPR).

[https://www.youtube.com/watch?v=AAxEcPdF6Plandab\\_channel=TheBodyHotel](https://www.youtube.com/watch?v=AAxEcPdF6Plandab_channel=TheBodyHotel)

BSL Version: <https://youtu.be/4YhM1LZw7vI>

BSL Version with Welsh captions: <https://youtu.be/O4obt8BFl8k>

BSL Translator: Helen Foulkes

Film by: Sam Irving

**Body Concierge** (Wellbeing Short Video Series) Tips, ideas and strategies to keep up our movement wellbeing practice-

[https://youtube.com/playlist?list=PLtGm4qYm5yBQ6LUDRYvSBpZhVjd5yN9e\\_](https://youtube.com/playlist?list=PLtGm4qYm5yBQ6LUDRYvSBpZhVjd5yN9e_)

The Body Hotel Dance Break Playlist (collaborative list on Spotify):

<https://open.spotify.com/playlist/5lz1gig9Popm1PH90sB2Dof?si=47f84fe159724aea>

**Arts Council Wales - Cultural Cwtsh** - online platform for arts, health and wellbeing, featuring new videos by The Body Hotel to Energise, Recharge and Unwind.

<https://culturalcwtsh.wales/energise-recharge-and-unwind>

**(2021) Video Case study HEIW Employee Wellbeing:**

[https://www.youtube.com/watch?v=rYyh29X0Towardab\\_channel=DMPWalesHub](https://www.youtube.com/watch?v=rYyh29X0Towardab_channel=DMPWalesHub)

HEIW: What is Dance Movement Psychotherapy

<https://heiw.nhs.wales/our-work/arts-therapies-event-2021/dance-movement-therapy/>





# The Body Hotel

## Moving Self-Compassion Employee Wellbeing Programme

**Open and free of charge** to anyone working across NHS Wales in the **health and social care** sector.

We particularly encourage participants who are coming back to work from leave or are considering leaving work and want a positive space to support this transition.

**You time. Redefined.**



### Movement Cwtsh Cinio

#### Short Movement Activities to Energise & Unwind

Take a 20 minute 'you time' break during lunch to energise and unwind with a quick online activity led live by a movement specialist.

Try a taster of The Body Hotel's new employee wellbeing programme, pop in and pamper yourself through creativity and expression! Each slot has a different theme. You can even get your colleagues involved in a team group activity together!

#### Wed lunchtimes bi-weekly Online via Gwella

**Times:** Slot 1 @12:00-12:20  
Slot 2 @12:30-12:50

**Dates:** 5 April, 3 May, 17 May, 31 May, 14 June, 28 June, 12 July, 26 July, 9 Aug, 23 Aug  
\*No session on 19 April

[Book here](#) 



### Recharge Movement Lounge

#### Evening Space to Decompress & Reconnect

You will learn skills and practices that prevent burnout and build positive connections using movement.

Move and reflect in a safe, nurturing environment, aiming to decompress, transform and have fun through dynamic activities that you can tailor to your own comfort level. No prior experience in movement needed.

#### Wed evenings bi-weekly Online via Zoom

**Duration:** 75 min  
**Time:** 18:00-19:15h

**Dates:** 12 April, 26 April, 10 May, 24 May, 7 June, 21 June, 5 July, 19 July, 2 Aug, 16 Aug, 30 Aug, 13 Sept

[Book here](#) 



### Self-Compassion Space

#### In-Person Movement Wellbeing Intensives

In this workshop intensive, we will deepen our movement practice and treat ourselves to checking out from daily life and checking into our bodies.

You will learn more about dance/movement as a tool for our wellbeing, and reflect on how we can nurture and replenish ourselves, enjoy connecting with others in person, and re-engage with play and creativity.

#### Saturdays every 5-6 weeks

**Duration:** 3 hours, In person  
**Place:** HEIW Headquarters or USW Atrium  
**Time:** 10-13h

**Dates:** 29 April, 3 June, 8 July, 12 Aug, 23 Sept

[Book here](#) 