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VIDEO MATERIAL PRODUCED TO ILLUSTRATE PRACTICES AND TECHNIQUES WORKED OUT AND
IMPLEMENTED

Fostering self-care:	https://paldgym.edu.ee/erasmusproject/1
Meditation journaling:	https://paldgym.edu.ee/erasmusproject/2
Creating your own reality:	https://paldgym.edu.ee/erasmusproject/3
Comparisson theatre:	https://paldgym.edu.ee/erasmusproject/4
Don't assume, ask!:	https://paldgym.edu.ee/erasmusproject/5
Photo Connecting:	https://paldgym.edu.ee/erasmusproject/6
Mirroring and drawing:	https://paldgym.edu.ee/erasmusproject/7
Story from imaginary symbols:	https://paldgym.edu.ee/erasmusproject/8
Tribal Dance:	https://paldgym.edu.ee/erasmusproject/9
Finger guiding:	https://paldgym.edu.ee/erasmusproject/10
Revealing the Core -who am I?	https://paldgym.edu.ee/erasmusproject/11
Interview 1	https://paldgym.edu.ee/erasmusproject/12
Interview 2	https://paldgym.edu.ee/erasmusproject/13