



School Of Experiential Learning
www.tsoel.org.uk

Experiential Anatomy Online series III

exploring the dynamic relationship between mind & body



sketch by Isabella Shirley Miller: "Making it Home" 2011



from a Body-Mind Centering® perspective.

**six modules / via zoom / Oct 23 - Mar 24 / 10am-5pm /
zoom recordings / private online tutorial / readings & handouts /
two teachers / one zoom host / spacious class schedules**

"In a world where disease & pain has become so normal this approach to learning & knowing ourselves offers a key for our health, by listening to the wisdom of our bodies, we learn to embody a new paradigm, one where ease and grace are at the heart."
Isabella Lazio Course Graduate 2019

For information & registration email:

**Joni Brown: joni@argyllartscollective.com / info@tsoel.org.uk
or visit our website: www.tsoel.org.uk/courses**

During this course we will explore the embodiment of our organs & endocrine systems: in our pelvis & our heart, thymus, kidneys, adrenals & digestive system through the experiential anatomy of Body-Mind Centering® supporting an expanded awareness of our internal pathways of connection & alignment, expression & voice, well being & ease, comfort & pleasure.

*This course was very well facilitated & held on zoom.
It was a very different experience to other zoom workshops I have been in.
I really appreciate the pace & time that was given,
& the balance between my inner learning & the science.
Course participant 2021-2022*

Module I
8th October 2023
Introductions

Module II
5th November 2023
Pelvic organs & our Gonads

Module III
3rd December 2023
Intestines & digestion

Module IV
7th January 2024
Kidneys & Adrenals

Module V
4th February 2024
Our heart Body & Thymus

Module VI
3rd March 2024
Reflective Learning Journeys

Through gentle guided facilitation we will take time to slow down & explore our own personal experience & relationships with these inner systems through movement, breath, rest, voice & hands-on touch upon ourself, complimented by somatic drawing, reflective writing and dialogue.



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