

BODY-MIND CENTERING® WORKSHOP

OUR PELVIS

poised between spine & hips



Monday 1st September 2025: 10.30am - 4.30pm

Tuesday 2nd September 2025: 10.30am - 4.30pm

Wednesday 3rd September 2025: 10.30am - 4.30pm

open & accessible to anyone interested in mind-body integration | FEES: £225 / £190

In this workshop we will explore the embodiment of the living structure & contents of our pelvis including the organs, pelvic and thoracic diaphragms, our lower limbs and spine.

Made up of four bones the pelvis is sculpted into a bowl-shaped cavity poised between our spine and our lower limbs. By deepening our sensory awareness of this region through movement consciousness and mind we can develop greater ease and freedom in all that we do from digestion, to love making, child bearing to walking, standing to dancing.

Through gentle, guided, facilitation from the experiential anatomy of Body-Mind Centering® we will take time to meet our pelvis, her internal structure, tone and function through: movement meditations, mind, hands-on touch, breath and voice along side opportunities for creative expression in somatics drawing, reflective writing and movement integration accompanied by music.

SOEL | CADDAFORD BARNS STUDIO | DEVON UK

Information & registration: info@tsoel.org.uk / www.tsoel.org.uk