

## **Body-Mind Centering® Study Group**

The Language of Cells from an embodied perspective  
cells their memory and their consciousness

A series of three study sessions exploring the language of cells through resonance, attention and consciousness: including cellular reproduction, repair and healing.

Friday 26th May 2023 part I

Friday 23rd June 2023 part II

Friday 28th July 2023 part III

**11am - 4pm**

**FEES by donation**

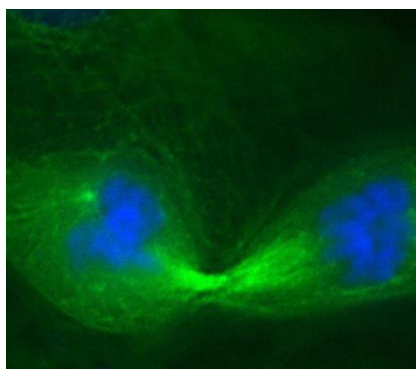
Open & accessible to anyone interested in BMC®, somatics & practices of embodiment in healing & research

Caddaford Barn Studio, Devon UK

Teaching Rosalyn Maynard

Fee: by donation

For information & booking: [info@tsoel.org.uk](mailto:info@tsoel.org.uk) / [tsoel.org.uk/study-groups](http://tsoel.org.uk/study-groups)



Telophase – cellular reproduction – two daughter cells completing division

Cellular consciousness contributes to the collective consciousness of the whole person, animal, or plant.

Through touch, sound & motion (micro and macro movements) in partners & by ourselves, we will explore the embodiment of our cells and their processes through the practice of cellular consciousness from Body-Mind Centering®.

We will explore entering specific qualities of expression & mind of particular cells including; Glia Cells & Neurons, Immune cells & Blood cells, & the pluripotent Stem Cells in our Bone Marrow.

Opening our awareness to cellular expression, communication & exchange through an embodied sense of electromagnetism we will consider how we can support and foster healing & wellbeing at a cellular level, meeting the innate intelligence of the life force of our cells

Cells remember...every cell in our body has its own intelligence and memory. *“...DNA, cells, tissues, organs and bio-systems...have individual consciousness that are operative not inside the brain but in the locale of each of these constituents of the whole body...”* John Upledger.

How can we support and give expression to our memories and innate healing possibilities at a cellular level, cultivate wellbeing & resolve issues related to our memories, injury and trauma?