

Body-Mind Centering® STUDY GROUP
for early winter rest and recuperation

Three Lessons from the Heart

Exploring the richness of the relationship
between body, mind, and soul through
the embodiment of our heart.

Thursday 16th January 2025; 10am - 12pm

Thursday 23rd January 2025; 10am - 12pm

Thursday 30th January 2025: 10am -12pm

CADDAFORD BARNS STUDIO

FEES by donation

www.tsoel.org.uk / info@tsoel.org.uk



IN AID OF:
FARMS FOR CITY CHILDREN
www.farmsforcitychildren.org