

# SATURDAY SOMATICS

*Reclaiming the joy of being in the body*



## Giving & Receiving

from a somatics perspective

BY REMOTE VIDEO CALL: zoom

17th December 2022: 11am - 1pm

FEES: by donation via bank transfer or paypal

In this workshop we will take time to be quiet & comfortable, to recover our inner sensory awareness of how we feel, paying attention to our sense of gravity & ground, our sense of levity & space, our sense of breath, inner movement, sight & sound.

Through guided movement activities, at a slow & gentle pace, we will deepen our sensory awareness exploring our inner sensations in the act of giving & receiving.

How sensitively can we act in our relationships with ourself & each other?  
How much do we receive? how much do we give?

**TEACHING: Rosalyn Maynard BMCA**

Informed by Elsa Gindler's Human work & Body-Mind Centering®

**BOOKING & ENQUIRIES:**

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