

an offering of thanks to:

The SEED staff

FREE WORKSHOP

Sunday 28th January 2024

2.30pm - 4.30pm

Caddaford Barns Studio

nr. Buckfastleigh (directions attached)

A somatics movement workshop in gentle guided activities in lying, sitting, standing, walking, breathing, rest and hands-on-touch. Open and accessible to all this workshop promises to be restful and rejuvenating in body mind and spirit.



SOEL at Caddaford Barns Studio: November 2023

WORKSHOP SCHEDULE:

2.15pm: Venue open for tea & arrival

2.30pm: introductions & opening circle

2.45 - 4.15pm: workshop

4.15pm - 4.30pm: closing circle

WHAT TO BRING:

water / a blanket / wear warm comfortable clothes to move in / warm socks (no shoes)

Led by Rosalyn Maynard experienced teacher & practitioner in somatics, Elsa Gindler's Human Work and certified in Body-Mind Centering. Rosalyn has been teaching & practicing for over 30 years and founded SOEL (School Of Experiential Learning) in 2014.

Rosalyn is also a shepherd practicing biodynamic, organic farming. She is deeply committed to food sovereignty & compassionate animal husbandry. She wanted to offer this workshop as a gesture of gratitude to the staff at the SEED, where she has shopped since it opened.

She lives just outside Bucfastleigh with her partner on the River Dart.

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