



school of experiential learning  
www.tsoel.org.uk / info@tsoel.org.uk

## Courses at SOEL 2023-2026

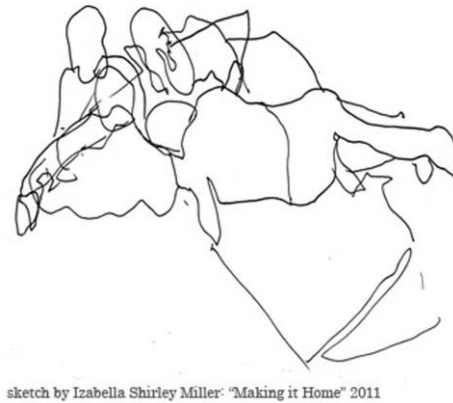
### TASTER WORKSHOP via zoom

Saturday 23<sup>rd</sup> September 2023

2pm – 4pm

Fee: by donation

Booking in advance please: [info@tsoel.org.uk](mailto:info@tsoel.org.uk) / or text: 07966 403 574



sketch by Izabella Shirley Miller: "Making it Home" 2011



### Courses at SOEL 2023 - 2026

#### Schedule (approx.)

2pm-2.30pm:	Opening circle and brief introductions with course facilitator and principal teacher Rosalyn Maynard
2.30pm-3.30pm:	short taster workshop in embodied anatomy with Daisy Martinez course teacher.
3.30pm -3.40pm:	tea break
3.40pm – 4pm	Circle and Q&A with Rosalyn and Daisy

#### Preparation before we begin:

And you may like to gather/organise the following to complement your learning:

- a quiet, comfortable space to rest and move in where you can work in comfort, in confidence and without interruption.
- Wear warm comfortable clothes to move in and have access to a blanket, pillows to support your needs as they change and evolve over the workshop.
- You may like to have some water or a cup of tea with you for the circles.
- Drawing and/or writing materials should you wish to scribe or make notes

Please be prepared to bring your computer or screen device to the floor so we can see you when we explore activities on the floor for any length of time. **Ensure that you have Zoom and a stable internet connection.**

On the afternoon of the taster workshop you will receive a zoom link by email an hour or so before we begin. The zoom meeting room will be open from 1.45pm to connection, arrive and get settled. Our opening circle will begin at 2pm.

#### **DONATIONS**

**Bank Reference:** Taster 2023

**By bank transfer:** Sort code: 30-98-69 / Account no: 11494760 / Lloyds Bank / Ms Rosalyn J Maynard

**By paypal:** info@tsoel.org.uk

*We look forward to meeting you and sharing some of this material with you,  
Rosalyn & Daisy*