

# SATURDAY SOMATICS

*Reclaiming the joy of being in the body*



6th September 2025: 10.30am - 1pm

4th October 2025: 10.30am - 1pm

8th November 2025: 10.30am - 1pm

**6th December 2025: 10am-4pm**  
giving & receiving from a somatics perspective

SOEL: School Of Experiential Learning  
Caddaford Barns Studio Nr Buckfastleigh, Devon

In these workshops we will explore how we can deepen our inner sensory awareness & recover greater ease in the our day to day movement activities.

We will take time to feel quiet & comfortable through guided movement activities in lying, sitting, standing, walking, breathing and resting. Working at a slow & gentle pace, we will explore simple floor based exercises, gentle passive stretches & some guided hands-on-touch on ourselves or in partners.

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

**FEES by donation**

[www.tsoel.org.uk/saturday-somatics/](http://www.tsoel.org.uk/saturday-somatics/) / [info@tsoel.org.uk](mailto:info@tsoel.org.uk)