

SATURDAY SOMATICS

Reclaiming the joy of being in the body



Via ZOOM

17th Sept 2022: 11am - 12.30pm

29th Oct 2022: 11am - 12.30pm

26th Nov 2022: 11am - 12.30pm

In person at SOEL

24th Sept 2022: 10am - 1pm

22nd Oct 2022: 10am - 1pm

19th Nov 2022: 10am - 1pm

Saturday Somatics

giving & receiving from a somatics perspective

In person at SOEL: 10th December: 10am - 4pm

Via ZOOM: 17th December: 11am - 1pm

In these workshops we will take time to be quiet & comfortable through guided movement activities, at a slow & gentle pace; in lying, sitting, standing, walking & breathing.

The workshop will include simple floor based exercises, gentle passive stretches & some gentle guided hands on touch on ourself & in partners exploring how we can deepen our inner sensory awareness & recover greater ease in the present, experiencing moment.

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

FEES by donation

booking & information: info@tsoel.org.uk

www.tsoel.org.uk/saturday-somatics