

SATURDAY SOMATICS

Reclaiming the joy of being in the body



Giving & Receiving

from a somatics perspective

VIA ZOOM

20th December 2025: 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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