

SATURDAY SOMATICS

Reclaiming the joy of being in the body



19th September 2026: 10.30am - 1pm

3rd October 2026: 10.30am - 1pm

7th November 2026: 10.30am - 1pm

5th December 2026: 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/ / info@tsoel.org.uk