

# BODY-MIND CENTERING® WORKSHOPS

## SOEL | Summer 2026 | Devon UK



**MAY 2026**

### **Infant Developmental Movement**

Sats 16th - Weds 20th May 2026

Module 11: SELF | course pre-requisite

**FEES: £295 / £260**

**JULY 2026**

### **The Embryo in You**

Sun 19th - Weds 22nd July 2026

Module 12: SELF | course pre-requisite

**FEES: £230 / £195**

**SEPTEMBER 2026**

### **Breathing**

*an intimate exchange with the world through air*

**Monday 7th - Wednesday 9th September 2025 / FEES: £225 / £190**

We will explore these different workshop themes of human infant development, embryology and breathing through the unique process of embodiment from Body-Mind Centering®. Workshops will include gentle guided movement activities and meditations, directed breathing, sounding and hands-on-touch. This will be complimented with discussion & dialogue, writing & drawing, and the study of anatomy & physiology.

Body Mind Centering® is an innovative approach to movement consciousness and learning within the expanding field of somatics. It is a creative process fostering an embodied knowledge of being human with a special emphasis on our life processes, body systems, infant movement patterns and our embryological origins.

**CADDAFORD BARNS STUDIO, DEVON UK**  
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