

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
www.tsoel.org.uk / info@tsoel.org.uk