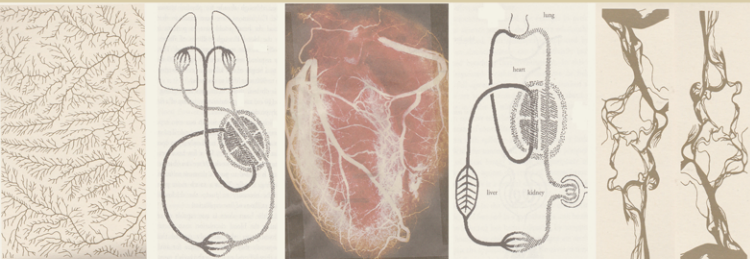


BODY-MIND CENTERING® WORKSHOP

BLOOD & OUR ORGANS

the liver, the lungs, the kidneys & the heart



Saturday 30th - Sunday 31st January 2021

11am - 5pm daily

via remote video call: zoom

FEES: by donation via bank transfer or paypal

In this two day workshop we will explore our four primary organs:
the liver, lungs, kidneys & heart.

Their rhythms, form, weight, locations, movement & interrelationships:
cleansing, replenishing, filtering & circulating our blood.

Through gentle, guided, facilitation from the experiential anatomy of
Body-Mind Centering® in movement, gentle sounding,
directed breathing, quiet contemplation & hands-on touch upon our self,
we will take time to meet these organs; deepening our sensory awareness
of their tone and internal support, blood flow & inner vitality.

TEACHING: Rosalyn Maynard BMCA Somatic Movement Educator in Body-Mind Centering®
with Daisy Martinez student of Body-Mind Centering® since 2007.

BOOKINGS & ENQUIRIES:

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