



school of experiential learning
www.tsoel.org.uk / info@tsoel.org.uk

Courses at SOEL 2023-2026

TASTER WORKSHOP

Caddaford Barns Studio

Sunday 6th August 2023

3pm – 5.30pm

Fee: by donation

Booking in advance please: info@tsoel.org.uk / or text: 07966 403 574



Sarah Gray: SOEL workshop 2018



Rosalyn Maynard: SOEL workshop 2016

Schedule (approx.)

- 3pm-3.30pm: Opening circle and tea: brief introductions to SOEL courses 2023-2026 with course facilitator and principal teacher Rosalyn Maynard
- 3.30pm-4.30pm: short taster workshop in embodied anatomy with Sarah Gray course teacher.
- 4.30pm -4.45pm: tea break
- 4.45pm – 5.30pm Circle and Q&A with Rosalyn and Sarah

What to bring

Please wear warm comfortable clothes to move in

A blanket

Note book / pen

Drinking water

Caddaford Barns Studio (directions attached)

This is where SOEL courses are taught. The studio is light and spacious with a sprung wooden floor and underfloor heating in the winter. It is a no shoe space.

There is a small kitchenette with basics for our lunch and tea breaks, and access to a garden with table and seating.

Parking is across the road from the studio. If you have not been to the studio before, please call the mobile number: **07966 403 574** when you arrive and one of us will come and meet you and show you the entrance.

Disabled parking directly outside the studio, please text or call the mobile when you arrive and we can open the gates and direct you in.