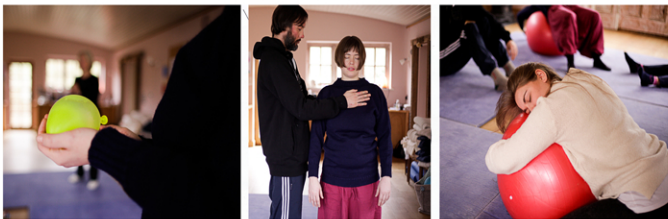


BODY-MIND CENTERING® WORKSHOP

Breathing

an intimate exchange with the world through air



Monday 7th September 2026: 10.30am - 4.30pm

Tuesday 8th September 2026: 10.30am - 4.30pm

Wednesday 9th September 2026: 10.30am - 4.30pm

open & accessible to anyone interested in mind-body integration | FEES: £225 / £190

In this workshop we will explore some of the unique Body-Mind Centering® principles and practices in breathing. Through movement consciousness, gentle meditations, creative practice, anatomy and mind we will explore releasing holding patterns and discover greater ease in our breathing rhythms and expressions.

This workshop will include the study and embodiment of internal & external breathing: cellular breathing, lung breathing and embryological breathing.

Our state of wellbeing is manifested in our breathing. We are always as our breathing is and our breathing is always responding to how we are.

Deepening our kinaesthetic awareness to the processes of our breathing allows us to better embody our inner sense of self, opening pathways of expression between our unconscious and conscious mind.

SOEL | CADDAFORD BARNES STUDIO | DEVON UK

Information & registration: info@tsoel.org.uk / www.tsoel.org.uk