

SATURDAY SOMATICS

Reclaiming the joy of being in the body

25th April 2026: 10.30am - 1pm

30th May 2026: 10.30am - 1pm

20th June 2026: 10.30am - 1pm

25th July 2026: 10.30am - 1pm

SOEL: School Of Experiential Learning
Caddaford Barns Studio, Nr Buckfastleigh Devon

FEES: by donation



Informed by Elsa Gindler's Human work & Body-Mind Centering®

In these workshops we will explore how we can deepen our inner sensory awareness & recover greater ease in our day to day movement activities.

We will take time to feel quiet & comfortable through guided movement activities in lying, sitting, standing, walking, breathing and resting. Working at a slow & gentle pace, we will explore simple floor based exercises, gentle passive stretches & some guided hands-on-touch on ourselves or in partners.

open and accessible to anyone interested in mind body integration

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