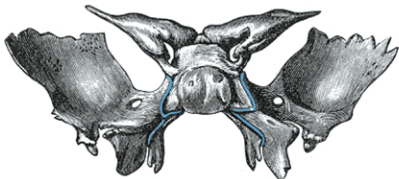


## **BODY-MIND CENTERING® STUDY GROUP**

*discovering the animal energies in the skull  
from a Body-Mind Centering® perspective*



**Friday 18th November: 11am - 4.30pm**

Teaching Rosalyn Maynard

Workshop Assistant Crystal Zillwood

open & accessible to anyone interested in experiential anatomy, somatics & embodied practices

**SOEL, The Summer House, Nr Dartington Devon**

**Fees: by donation**

An invitation to explore the human skull from a unique perspective through the embodied anatomy of Body-Mind Centering®.

Through breath, movement, hands-on-touch and partnering we will explore the exquisite sculptural shaping of our skull bones through experiential anatomy and sensory awareness.

How do these expansive winged shapes and cathedral like vaulted ceilings emerge to contain and protect our brain?

How are our thoughts and feelings shaped and formed within our skull?

What kind of consciousness emerges in our sensory awareness through the embodiment of these forms we call our skull bones?

### MORNING

opening circle and introductions

meeting our skull bones through the process of embodiment from BMC movement, dance, reflections, somatics drawing & writing

Lunch

### AFTERNOON

Exploring the animal energies embedded in our skull through the study and form of our skull bones individually and as the whole  
Integration, tea & closing circle

registration & information:

[www.tsoel.org.uk](http://www.tsoel.org.uk) / [info@tsoel.org.uk](mailto:info@tsoel.org.uk)