

# BODY-MIND CENTERING® WORKSHOPS

## Summer 2024, Devon UK



MAY 2024

### Infant Developmental Movement

Sats 11th - Weds 15th May 2024

Module 11: SELF (Facilitator course)

FEES: £290 / £255

JULY 2024

### Embryology - our first 8 weeks of life

Sun 21st - Weds 24th July 2024

Module 12: SELF (Facilitator course)

FEES: £225 / £190

Understanding and working with these early processes and relationships opens up new and deeper ways of addressing health and vitality, chronic and acute pain, mobility and ease of movement, and other expressions or qualities of our physical and psychophysical being."

Bonnie Bainbridge Cohen 2018

SEPTEMBER 2024

### Nervous System, fascia & our glia cells

Suns 1st - Weds 4th September 2024 / FEES: £225 / £190

Body Mind Centering® is an innovative approach to experiential anatomy & physiology, within the expanding field of somatics. It is a creative process fostering an embodied knowledge of the human body, with a special emphasis on the different body systems, the principles underlying the development of our movement patterns, and the study of embryology.

In these workshops we will explore the different material through the process of embodiment including gentle guided movement activities, directed breathing, sounding, vocalisation and hands-on-touch upon ourselves and in partners. This will be complimented by discussion & dialogue, somatic writing & drawing, and the study of anatomy & physiology.

**CADDAFORD BARNES STUDIO, DEVON UK**

**Information & registration: [info@tsoel.org.uk](mailto:info@tsoel.org.uk) / [www.tsoel.org.uk](http://www.tsoel.org.uk)**