

# SATURDAY SOMATICS

*Reclaiming the joy of being in the body*

26th April 2025: 10.30am - 1pm

24th May 2025: 10.30am - 1pm

14th June: 10.30am - 1pm

12th July: 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](http://www.tsoel.org.uk) / [info@tsoel.org.uk](mailto:info@tsoel.org.uk)