

SATURDAY SOMATICS

Reclaiming the joy of being in the body



18th May 2024: 10.30am - 1pm

15th June 2024: 10.30am - 1pm

13th July 2024: 10.30am - 1pm

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

FEES: by donation

In these workshops we will take time to be quiet & comfortable through guided movement activities, at a slow & gentle pace, in lying, sitting, standing walking & breathing. These workshops will include simple floor based exercises, gentle passive stretches & some gentle guided hands-on-touch on ourselves or in partners. We will explore how we can deepen our inner sensory awareness & recover greater ease in the present experiencing moment.

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

INFORMATION & BOOKINGS

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