SATURDAY SOMATICS

Reclaiming the joy of being in the body







6th February 2027: 10.30am - 1pm
6th March 2027: 10.30am - 1pm
24th April 2027: 10.30am - 1pm

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

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 and in partners. We will explore how we can deepen our inner sensory awareness and recover greater ease in the present experiencing moment.

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

FEES by donation

booking & information: info@tsoel.org.uk
www.tsoel.org.uk/saturday-somatics