

# SATURDAY SOMATICS

*Reclaiming the joy of being in the body*



## Giving & Receiving

from a somatics perspective

**7th December 2024: 10am - 4pm**

**FEES: by donation**

**Caddaford Barn Studios, nr Buckfastleigh, Devon UK**

In this workshop we will take time to be quiet & comfortable, to recover our inner sensory awareness of how we feel, paying attention to our sense of gravity & ground, our sense of levity & space, our sense of breath, inner movement, sight & sound.

Through guided movement activities, at a slow & gentle pace, we will deepen our sensory awareness exploring our inner sensations in the act of giving & receiving.

How sensitively can we act in our relationships with ourself & each other?

How much do we receive? how much do we give?

**Teaching: Rosalyn Maynard BMCA**

**Assisting: Tallula Bentley**

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

**BOOKING & ENQUIRIES:**

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