

SATURDAY SOMATICS

Reclaiming the joy of being in the body



21st September 2024: 10.30am - 1pm

5th October 2024: 10.30am - 1pm

2nd November 2024: 10.30am - 1pm

7th December 2024: 10am-4pm
giving & receiving from a somatics perspective

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 and gentle pace; in lying, sitting, standing, walking and breathing. These workshops will include simple floor based exercises, gentle passive stretches and 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