

BODY-MIND CENTERING® WORKSHOP

Nervous System, fascia & our glial cells

a profound journey into the human nervous system



Sun 1st September 2024 at 3pm to
Weds 4th September 2024 at 1.30pm

CADDAFORD BARNS STUDIO, DEVON UK

FEES: by donation

The Nervous System is a multilayered network of cells recording & helping to coordinate diverse cellular functioning. In this workshop we will explore our glial cells & their integral relationships with our nervous system alongside our connective tissue matrix and fascia.

Through the deep internal study of Body-Mind Centering® we will take time to experience and encounter our fascia as a sensory organ, the membranes around the brain, the spiral wrappings around our neurons & nerves, fat, insulation, and our skin.

Body-Mind Centering® is a holistic approach to experiential anatomy fostering an embodied knowledge of self through movement, touch, directed breathing, dance, meditations, mind and self discovery.

This is a SOEL community workshop and is open and accessible to anyone interested in body-mind integration, somatics and well being.

Information & registration

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