

# SATURDAY SOMATICS

*Reclaiming the joy of being in the body*

1st February 2025: 10.30am - 1pm

1st March 2025: 10.30am - 1pm

26th April 2025: 10.30am - 1pm

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

**FEES: by donation**



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

In these workshops we will explore how we can deepen our inner sensory awareness & recover greater ease in the our day to day movement activites.

We will take time to feel quiet & comfortable through guided movement activities in lying, sitting, standing, walking, breathing and resting. Working at a slow & gentle pace, we will explore simple floor based exercises, gentle passive stretches & some guided hands-on-touch on ourselves or in partners.

**open and accessible to anyone interested in mind body integration**

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