

BODY-MIND CENTERING® WORKSHOPS

SOEL | Summer 2025 | Devon UK



The Unseeable Animal

encounter & kinship in the natural world

exploring our relationship to self, other and place through direct experience in the body

Monday 12th - Thursday 15th May 2025 | FEES: £290 / £255

Module 13: SELF | course pre-requisite

During this workshop we will be in the studio and outdoors along river, in meadow & woodland.

We will take time to immerse ourselves in the living landscape in which we are embedded, exploring this intimate exchange through the embodiment of our four brains; perceptual centers in our heart, solar plexus, gut and cranium. Through creative practice, wildhood & spontaneous exchange we will explore the qualities of perception that arise from these organs; walking, witnessing & deep listening.

Our Life Sense

The Immune system from an embodied perspective

a fluid dance through space & time

Monday 2nd - Thursday 5th June 2025 | FEES: £290 / £255

Module 12: SELF | course pre-requisite

The Immune system is a fluid, cellular system keeping our body in a healthy balanced state, constantly present, maintaining our molecular identity. In this workshop we will explore our shared and individual sense of this system through the embodiment of: our skin and membranes, bone marrow, thymus, heart, spleen and the fluid circulation of our lymphatic system.

Our Pelvis

poised between spine & hips

Monday 1st - Wednesday 3rd September 2025 | FEES: £225 / £190

Open & accessible to anyone | drop in taster workshop

In this workshop we will explore the living structure & the contents of our pelvis including the lower organs of digestion, reproduction and urination, our pelvic diaphragm, our lower limbs and our spine. Through gentle, guided, facilitation we will take time to meet our pelvis, her internal structure, tone and function recovering greater ease in our expression of internal and external movement, breath and voice.

CADDAFORD BARNS STUDIO, DEVON UK
Information & registration: info@tsoel.org.uk / www.tsoel.org.uk