

# experiential Anatomy



moving from an embodied perspective

A class where we will explore the functional, structural and embryological aspects of how our bodies form, move and work.

Using pictures and anatomical models, guided visualisation and intentional touch we will discover more about the bodies that we are.

If you are injured or want to learn more about preventing injuries, we will look at where in the body there is support for alternative ways of moving, finding ease, and pain management.

*We will practice resting, accessing stillness and finding impetus for returning into action.*

We will have a lovely space, all materials are provided and by meeting in a regular group your interests and questions can be explored.

**To book, or ask any questions, please get in touch:**

**[www.somaticenquiry.co.uk](http://www.somaticenquiry.co.uk)**

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**07948 375 189**

Delivered by **Kerstin Wellhöfer**, BA hons, IBMT Dipl, IIHHT,  
an ismeta registered somatic movement educator and therapist

*Kerstin has taught somatic movement awareness in schools, universities and in private practice; she has devised and delivered somatic education for SureStart, the NHS and the Birmingham Royal Ballet. She has taught children and their parents at all stages of development, with a focus on inclusion, and has a passion for creating non-invasive spaces to facilitate play and movement in both indoor and outdoor environments. She has 24 years of experience and study in Body-Mind Centering®, Integrative Bodywork and Movement Therapy; is a teacher of Andrea Olsen and Caryn McHose Body and Earth work, including Experiential Anatomy and has an on-going Authentic Movement practice with Ellen Emmet.*

She engages in creative, educational and therapeutic work through [www.somaticenquiry.co.uk](http://www.somaticenquiry.co.uk)  
and is co-director of [www.movementsense.co.uk](http://www.movementsense.co.uk)

**Sundays 2—4pm**

**Birmingham Buddhist Centre**

Park Road Moseley

Suitable for:

*anyone curious about the workings of  
the human body...*

...performers, meditators, practitioners  
and students of dance, yoga, martial arts,  
fine art, theatre,  
medicine , sports, eg: Roller Derby...

**EveryBody welcome !**

Developing skills of somatisation; bringing awareness to what there is, how we sense, what we feel and what movement is possible, we nurture an attitude of kindness and experience ourselves from within the tissues of the self.

