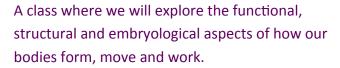
experiential

Anatomy



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.

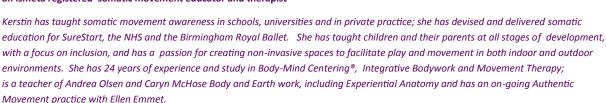
We will practice resting, accessing stillness and finding impetus for returning into action.

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

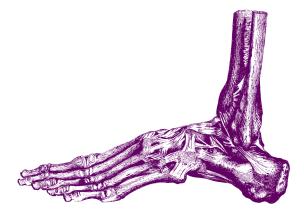
To book, or ask any questions, please get in touch:

www.somaticenquiry.co.uk kerstin@somaticenquiry.co.uk 07948 375 189

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



She engages in creative, educational and therapeutic work through www.somaticenquiry.co.uk and is co-director of www.movementsense.co.uk



moving from an embodied perspective

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.

