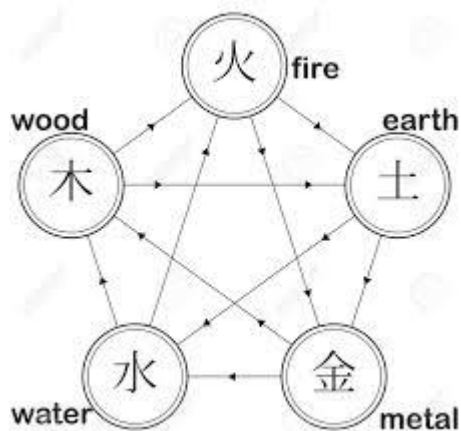


Learning to Listen to your Body

with Doe Warnes, Shiatsu massage and movement therapist/anatomy and physiology teacher

Saturday 1 December 09.30 for 10.00 to 13.00



Combining Eastern and Western perspectives, you will find stillness, silence and space through gentle movement. This deeply relaxing workshop will become the starting place for 'listening to' and 'hearing' what your body has to say. A real pre-Christmas gift to you...

The fee includes refreshments by Nourish.

Cost: £35 Code: WLL1

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