

Fire, Earth, Wood, Water and Metal: the Chinese Five Elements and an Eastern view towards better health

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

Saturday 13 October 09.30 for 10.00 to 13.00



Bring the traditional Chinese approach to harmony into your daily life. Gain an insight into Yin and Yang, the Five Elements and the meridian energy system of the body. Learn meridian stretches that will energise you.

The fee includes refreshments by Nourish.

Cost: £35 Code: WFW1

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