

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



Reduce stress, in body and mind, release tension and free up joints with this gentle, exploratory movement. Discover how to move with more ease by 'listening' to the body. Combining Eastern and Western views on movement to bring inner stillness, silence and space .

A real pre-Christmas gift to you.....

The fee includes refreshments

Cost: £35 Code: WLL1

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