

# Move and Embody the Chinese Five Elements :

## Wood Element and the Muscles

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

**Sunday, 31 March 9.30 for 10.00-13.00**



This second of 5 workshops combines the fascinating philosophy of the Chinese five elements with western anatomy and the natural wisdom of the body. Through gentle, slow movement, performed indoors and outdoors, you will explore the deep and intuitive connection between yourself and nature. This can release deep muscular tension, improve mobility, increase vitality, reduce stress and anxiety and improve concentration. You will leave feeling centred, connected and relaxed.

**Cost:** £35 includes refreshments **Code:** WFW2

**The Letchworth Centre for Healthy Living**

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