

Move and Embody the Chinese Five Elements : Earth

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

Sunday, 19 May 9.30 for 10.00-13.00



EARTH gives us the ability to digest our food, our thought and our live experiences. Through gentle movement, indoors and outdoors, you will explore intuitive connections between yourself and nature. This can release deep tension, reduce stress and improve mobility and vitality, leaving you feeling relaxed and centred.

Cost: £35 includes refreshments

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