

Move and Embody the Chinese Five Elements : Fire

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

Sunday, 28 April 9.30 for 10.00-13.00



FIRE supports communication and our relationships with people, place and self. 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

The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth, Herts SG6 3NA
Tel: 01462 678804 www.letchworthcentre.org