

Move and Embody the Chinese Five Elements : Metal

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

Sunday, 16 June 9.30 for 10.00-13.00



METAL provides the body/mind with boundaries, and influences our connection to nature. This workshop combines the fascinating philosophy of the Chinese five elements and the natural wisdom of the body with your anatomy. 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