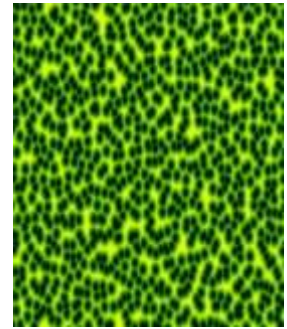


From the INSIDE Out

Saturdays 2-5pm, 2010-2011
£30 per session
(£150 for all 6 if paid in advance)

Venue: The Yoga Studio, Newlyn (behind Mounts Bay Fitness),
(1 mile from Penzance train station) www.yoga-cornwall.com

Combining science & intuition to offer an experiential approach to the body. Explore the mind-body connection using touch, movement & body-awareness & discover your body's innate, healing wisdom.



- Sept 4th **CELLS** a restful, healing & restorative place
Oct 2nd **SKIN** the protective container, pleasure & boundary
Oct 30th **BONE** structural support, clarity & place of strength
Nov 27th **ORGANS** for expression, fullness, power and fun!
Jan 8th **MUSCLE** a place of action, ego & being you
Feb 5th **FLUIDS** for creativity, ease & flowing

Rachel is a Somatic Bodyworker & Movement Therapist (**soma** means to experience the body from within). She is a compassionate & skilled facilitator.

****ALL WELCOME - Suitable for personal or professional development**

BOOKING ESSENTIAL

Contact Rachel. Tel. 01736 369719 Mob. 07903 412014 Email.

Rachel@wildwalks-southwest.co.uk

www.wildwalks-southwest.co.uk/body_and_movement