



Movement Medicine weaves together the exhilaration of free dance with the depth of movement meditation and the spirit of shamanic practice.

This workshop is a time for you to explore the vertical axis of your Body, Mind & Heart, as we become more present and our movement vocabulary expands we become freer. With music as our Vessel we will together be taking a guided journey away from the outer world into our inner landscape.

We will begin with 1 fundamental and powerful practice within movement medicine called Awakening the dancer.

Difficult life experiences leave a mark in our minds and heart and also in our bodies, this can lead to a numbness and dissociation, in this practice we will explore moving a different part of our mental identity to different parts of our body, not only does this serve to warm up the body but it creates a shift of identity an expanding identity, which slowly and gently begins to unthaw us and move us from an experience of disembodiment to embodiment.

Places are limited to 10 people so that we have our own space in the room and can feel the safety of a small group.

Where: Dorchester Yoga and Therapy centre
When: Saturday 9th November - Time: 1-4 pm
Cost: £35

Contact Melanie to book your place: 0771-5952896
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