

Medicine from Within

A Continuum Movement retreat
with Jane Okondo

1-4 September 2010. Pen Pynfarch, Wales

In this moving retreat we will awaken our experience of fluidity and movement from within. Through exploring the different fluid systems within our body, we can access a deeper experience of ourselves as movers.

We will move from a more outward focus and enter into the soft ripples of movement within our tissue, through the practice of Continuum breath and fluid movement.

As we slow down and become more receptive we can perceive how our body is communicating to us through undulating spirals of sensation and movement that invigorates and nourishes every cell.

As we calm our nervous system and open our receptivity to the natural rhythms and the profound energetic presence of nature, we discover our connection that allows us to express our moment to moment uniqueness.

We will explore movement within the studio and in nature. The retreat is based in Pen Pynfarch in Wales.
www.penpynfarch.co.uk

Jane Okondo, BRS, CRST, MA. Jane is an authorized Continuum Movement teacher. She has been practicing somatics for 18 years and been teaching Somatic programs in conscious breath and fluid movement for nine years. She has a private practice in Craniosacral therapy, Continuum and Somatic Movement and Expressive Arts and is based in Blackheath, London

Cost: £320 independent. £400 funded. All inclusive of food and accommodation.

**To book a place contact Alys: 07813 800540 - alysjenkins@yahoo.co.uk
For more information and for future workshops and retreats contact:
Jane: 07500 838563 - jane@lovesbody.co.uk or www.lovesbody.co.uk**