

We carry many things in the cells, organs, bones, blood and muscles of our bodies. We carry the old traumas of our past that maybe block us and hold us back. We also carry all the seeds of potential for self healing and the manifestation of our passions and our dreams . Our culture often says that this numinous side of what we carry is not as strong as the shadow side—but it is in fact far stronger as it is driven by the energy of survival.

This workshop is about beginning to find simple tools that can enable us to access what we carry so that we can begin to heal ourselves and live our lives more authentically and more fully. We will use touch, imagery, movement meditation, dance and exercises that promote mental focusing. We will also have great fun!!

All you need is water, clothes you can move in (layers that you can take off and on as you heat up and cool down work well), lunch to share and some enthusiasm for living.



I graduated from the European School Of Osteopathy in 1989 and have been treating people ever since. I later studied Franklin Method in London and Switzerland with Eric Franklin and others and become one of the first English speakers to qualify as a Franklin Method Educator. I'm currently embarking on the Apprenticeship Program with The School Of Movement Medicine with Ya'Acov and Susannah Darling Khan. My workshops have evolved out of my work, life and study over the last 25 years. I weave the strands of all of these experiences together with the passion and commitment that comes of my deep belief in the intelligence and self healing vitality of the body. I see my work as trying to be as authentic to my own being as possible so that I can be a catalyst for change and growth in the people I work with. My aim in all I do is to give all that I have to give.