

“Between the Earth and the Sky ...”



AMERTA LIFE MOVEMENT

@ Foxhole, Dartington, Totnes
Sunday 14th March 2010
(10:00am-5:30pm)

- Reduce build-up of stress
- Discover playfulness & ease in daily postures and movement
- Develop the ability to stay embodied and conscious in the present moment
- Explore movement that widens inner vision & perspective

Earlybird Discount Price if booked and paid in full by 5 March 2010
For more info on this day: <http://lifehealingarts.org/html/Events.htm>

OTHER EVENTS

April 11th: Seiki Day

May 9th: Amerta Life Movement Day

June 19th-20th: Seiki Weekend

PRICES

Day Workshops: £50

(£40 with Earlybird Discount)

Weekend Workshops: £95

(£80 with Earlybird Discount)

The days & weekends are open to all with an interest. They are run integrating multi-level experiences and interests

A degree of fitness, openness to change and sense of humour are the only pre-requisites

**OVER 15 YEARS TEACHING
& FACILITATION EXPERIENCE**

Contact: Daniela Coronelli, *Mrss(T), PGDS* www.lifehealingarts.org

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Individual Seiki-Shiatsu & Movement Sessions available in Totnes