

International



Body-Mind Workshop

blue skies

Alexander Technique meets Gestalt Therapy

Presented by Miriam Grace (Granthier) and Imogen Ragone

in partnership with

bodyintelligence

Saturday, 22nd October, 2016

10 am - 4:30 pm

International Community Centre

61b Mansfield Road, Nottingham NG1 3FN



blue skies

Psychotherapy in Derby
Miriam Grace (Granthier)
UKCP Registered
Psychotherapist
www.blue-skies.org.uk



BodyIntelligence

Alexander Technique with
Imogen Ragone
www.imogenragone.com

You do not have to be good...

**You only have to let the soft animal of your body
love what it loves.**

~Mary Oliver

Join us for a day of exploration. Through fun, experiential exercises we'll look at sensation and body-mind awareness to understand the wholeness and interconnectedness of thought patterns, physical and emotional experience and learning ways to get out of the way of our own healing and natural balance. Miriam and Imogen (visiting from the USA) will provide a safe workshop space for these explorations, which will include breath work, floor work, paired and group exercises, as well as discussion, linking the emotional and psychological elements of our body expression.

Book Now!

£90 for the day.

Early Bird Booking £80

Book by September 30th to gain the discount!

**Contact Miriam at 07969 092362 or
miriam@blue-skies.org.uk to register.**