

FINDING YOUR FEET

A one-and-a-half-day workshop for all who seek their own unique direction in life

Is your mind too full to find your way? Maybe your feet are better at it and hold the answer.

Together we will do easy group circle dance, grounding and gentle Yoga practice and a full course in the application of the light touch work **METAMORPHOSIS**.

This workshop offers the participants to get closer to themselves, as well as to enjoy a relaxing and fun time in a group of lovely people. All physical exercises are gentle and optional.

Over Saturday and Sunday

VARIOUS LOCATIONS IN HIGHLAND REGION

For up to date information:

Please text Barbara on 07967-372121 or e-mail : barbara@terrabomba.plus.com

Organised by Bumble-Bee's Physio

Cost: one and a half day workshop : £50; or two places for £75 – and concessions

Spread your wings safely into the unknown and

Let your feet



do the landing