



A spontaneous
Sunday Evening workshop of
Somatic Movement &
Meditation



The Baby in your Brain

a 3D exploration of Being Human...

...that awakens your organic spontaneity
to breathe, stand upright,
walk effortlessly and care for others!

*De-Stress &
Intelligent Rehabilitation*

Somatic Improv:
developing organic spontaneity



the breath of life:

*...inhale, walk,
exhale, still walking...*



attention to intention:

*...warming
your*



Location: Driftwood Hall
When: Sunday September 6; 7-9pm
bring a mat, blanket and pillow
Fee: suggested donation of \$15
all profits donated to One Sky



Workshop Presenter: Servaas Mes
a somatic pioneer who lives, practices and teaches in California but cannot let go of Smithers!