

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:

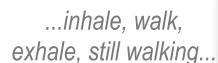
developing organic spontaneity



## attention to intention:

...warming your





the breath of life:



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!

