

OSTEOPATHY IN ACTION

MEDITATION | MOVEMENT | DANCE

3 day series of Post - Osteopathic Movement Integration Workshops by Whitney Laine

SANTE HOLISTIC HEALTH CENTRE

17, 18, 19th August 2020 6:30-9pm

THE MOVING CENTRE

23, 24, 25 August 2020 6:30-9pm

DAY 1 | SUBTLE BODY LISTENING (OSTEO-MEDITATION)

DAY 2 | SUBTLE MOVEMENTS (OSTEO-MOVEMENT)

DAY 3 | FLOAT STATE (OSTEO-DANCE)

100\$ per workshop / 250\$ all three workshops

2.5 hours per workshop

30 mins opening seminar + 1.5 hours of experience + 30 mins closing seminar + Tea

Osteopathic Movement Integration & Awareness workshops provide new ways of listening and working with your own body Osteopathically. Enhance your body balance and stability, restoring health. Access clarity, intuition and freedom in movement. Osteopathic Awareness in the field of somatics is complimentary to all forms of holistic treatment.

For who? Self-care for active movers, yoga teachers, dance teachers, body workers, holistic practitioners, people with pain and injury, people who want to understand their body.

REGISTER AT | WWW.WHITNEYLAIN.COM