



WellSpring
CENTRE

embodied

LIFE

Sat 27 April and 4 May 2019, 10am to 1pm
& Sat 16 November 2019, 10am to 4pm

WellSpring Centre, Ashburton

Facilitator: Jennifer Guild

Turn over for more information.



Image: All the Ways I Am Words © Jan L. Richardson (janrichardson.com)

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& Sat 16 November 2019, 10am to 4pm

Facilitator: Jennifer Guild

These sessions will explore contemplative practice deeply grounded in the body through meditation, conscious movement and listening deeply to one's bodily felt sense, with themes as below.

Please bring a mat for some floor work, an extra blanket and a thick towel for head support.

Jennifer Guild is a spiritual director, Feldenkrais practitioner and graduate of 'The Embodied Life'TM mentorship training with Russell Delman in USA.

Saturdays 27 April and 4 May, 10am to 1pm
Embodying Dignity, Grace and Inner Freedom
Cost: \$34 (full cost) / \$29 (members/concession)

Saturday 16 November, 10am to 4pm
Embodied Life and Gratitude
Cost: \$82 (full cost) / \$70 (members/concession)

Book securely online at
www.wellspringcentre.org.au/bookings
or call (03) 9885 0277

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