



BodyTalk, Dance and 3 Brain Coherence with Katharina Kroeber CBP

Sunday 26th of May
Sunshine Room, The Park, 7.30pm

*BodyTalk: communicate, synchronise, balance
a comprehensive system to work with our body
intelligence, to use the priorities of the body to restore
connection and allow healing to occur.*

The first half of the evening is an introduction to the BodyTalk System, with a practical exercise to take home. In the second half of the evening we will engage our 3 brains through traditional circle dance – could training our body intelligence be the purpose of these old dances?

All welcome, no experience necessary. Just bring your curiosity.

Contact and more info: bodytalk@mdammer.net, 07905499673, thecrystalweb.co.uk

