Breathe Into August: Exploring Balance, Poise and Flow...

**Date:** Friday 4th August 2017

**Time:** 9.45am to 1pm

**Venue:** Be@One Studio, near Audley End House, CB11 4JB

**Cost:** £35/half day session

Bring a packed lunch if you’d like to stay for a chat - optional afternoon walk

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|  |  | **MORNING SESSIONS** |
| 9.45am | Gather | Coffee, tea |
| 10am | **The Fluid Body** | **Movement session, suitable all levels**  We will begin with a **movement session** in which we will explore fluidity, dynamic yield and mind-body in harmony. Incorporating elements of Yoga, Pilates and Mindfulness techniques on the mat, standing and moving to music – no previous experience is required, just a willingness to *MOVE!* |
| 11.30 am | Coffee/break |  |
| 11.45 am | **All About Balance – and Feet!** | **Workshop: Equilibrium, Focus on Balance.**  This will be an interactive session with a practical element and discussion about what balance is, why it matters and how we can achieve it. We will have a special focus on relationships between our minds and our bodies, – the structure and mechanics of equilibrium, some things that can go wrong, and some things to try in order to achieve good life balance too. |
| 12.15 pm | Short break |  |
| 12.30 pm | **Stretch and Breathe** | **Stretching and Breathing** techniques to focus inwards, listen, and be still, followed by a guided relaxation and a period of reflection to set an intention for the Summer weeks ahead |
| 1 pm | Lunch | Bring a packed lunch – coffee, tea, water provided |
|  |  | **AFTERNOON: Optional** |
| 2pm | **Mindful Walking** | For anyone wishing to extend the day…Taking thoughtful movement outdoors for a walk around the perimeter of the Audley End Estate. |
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|  |  | Andrea will be available for individual questions and consultations throughout the day when possible |

(If you’d like to just take the class at 10am -11.30am for £12, please ask if space is available)

**The Venue**  
Be@One is in a lovely, leafy tranquil setting, just outside Saffron Walden near Audley End House.

**What to Bring**  
Clothes you can move in, a cushion, a blanket/throw…And *Reading Glasses* if you wear them!!

**Register your interest/find out more/book your place via website, email or text/phone**[www.centredself.co.uk](http://www.centredself.co.uk) A[ndrea@centredself.co.uk](mailto:ndrea@centredself.co.uk) 07974 315 836

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**Book your place using the form below or contact me by email or text/phone**[www.centredself.co.uk](http://www.centredself.co.uk) A[ndrea@CentredSelf.co.uk](mailto:ndrea@CentredSelf.co.uk) 07974 315 836

Please note: *spaces are limited.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **NAME:** | **CONTACT email/phone:** | PRICE | **TICK** |
| 9.45 -1pm | Fluid Body Movement class Balance workshop  Stretch and Breathe | Morning session only | £35 |  |
| 1pm-2pm |  | Lunch – bring a packed lunch |  |  |
| 1.30-4.00 | Mindful Walking | Optional Afternoon session | £0 |  |

**Payment by cash, or cheque to: A HOUSE or Bank Transfer to: 070116 - 33885710**

**Comments or Queries…?**