



# THE EMBODIED SELF

## A CREATIVE EXPLORATION

**Saturday 12<sup>th</sup> March 2016, 10.00am-1.00pm**  
**First Floor Studio, 58 High Street, Olney**

This workshop experience offers a space to explore how our bodies, minds and emotions are inextricably linked. The exploration will integrate creative psychotherapy methods with techniques to focus on body and breath, inspired by yoga. This combination offers a workshop which is both unique and powerful.

The workshop is for anyone who wants the chance to explore the way they live their lives – using their creative, embodied selves. The focus will be on self-discovery and enhancing awareness.



Linda Wheatley is an experienced teacher of Hatha yoga and, alongside her teaching, uses BeActivated muscle activation techniques to improve the resilience and performance of her clients. These therapeutic techniques are firmly based in the exploration of the mind-body connection which is also at the heart of yoga, and is Linda's inspiration.

Roshmi Lovatt is an Integrative Arts Psychotherapist, accredited by the United Kingdom Council for Psychotherapy. Her passion is in the use of creativity, metaphor and imagination in the process of psychological, emotional and relational transformation. The connection and flow between body, mind and emotions is central to her work with clients.

**COST: £65.00**

**VENUE: First Floor Studio, 58 High Street, Olney, MK46 4BE**

**BOOKING: email [hathayoga@btinternet.com](mailto:hathayoga@btinternet.com)**

**Book now**

**Only 8 spaces available for this unique experience**

(unfortunately our first floor venue has no disabled access)