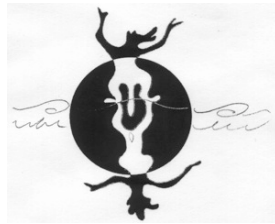


Re-Cog-Motion



Refresh

How your body thinks, moves and feels.

Classes led by the founding teacher of *BodyEcology*, Zsuzsi Soboslay.

We will explore our cognition of:

Space: in and around the body

Breath

The Elements

Time

Matter [and what matters]

Change [and limits]

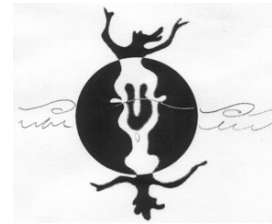
Each of these concepts affects our wellbeing and the way we breathe and move in the world.

WHEN: Tuesdays, 5,45-7.15, school terms

WHERE: Playing Field Studio, Acton

www.bodyecology.com.au

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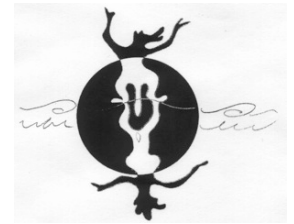
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ABOUT BODYECOLOGY

BodyEcology is an integrated mind-body practice, developed by Zsuzsi Soboslay since 1991. Its intention is to connect with the body's intelligence, harness creativity, and re-train our ability to respond in the best ways appropriate to circumstance and need.

Past workshops include:

Bush retreats: *EcoBody*: learning how to listen
The Intimacy series
Heart-Pulse technique
<http://www.bodyecology.com.au/workshopRepertoire.html>

Future Workshops include:

Mamawise [perinatal]
Healing Yantra practitioner support group

Zsuzsi offers *BodyEcology* and its related practices to develop respect and clarity in our relationships, accuracy in our work, and for the sustenance of our hearts, our earth, and our children.

CLASS FEES: \$250 per term/\$125 per 5 [preferred];
OR: \$28 per single class.

Bookings to:
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