

*AN INVITATION TO DELVE INTO YOUR BODY'S INNATE  
CAPACITY TO HEAL AND TO THRIVE*



# THE TRANSLUCENT BODYMIND

*SAT 21ST FEB  
12-3PM*

*TAURANGA YOGA CENTRE*

In this workshop we explore how healing and expansion happen naturally.

- We investigate the stress response
- We connect with parts of ourselves that may be in hidden or blocked
- We use movement as a channel for discovery
- We open doorways to unify the space of the body with the space of the mind

**Tickets \$45-\$55, LIMITED SPACES, contact Janine for details:**

**m:** 0204 037 8219 | **e:** janine@freethebodymind.com | **f:** bodymind

[www.freethebodymind.com](http://www.freethebodymind.com)



Janine is a psychosomatic therapist working with groups and individuals. She uses movement, manual therapy, breathwork and yoga to facilitate a space for healing and expansion.