

Into The Belly

"I look upon it, that he who does not mind his belly, will hardly mind anything else."

- Samuel Johnson

"The belly is the commanding part of the body" -Homer

Do you delight in your belly?

Do you feel the wisdom, creativity and power in your belly?

**Come join us to reconnect to the power of your belly
and to joyfully celebrate and delight in that power**

Using story sharing, music, movement, touch and laughter we will connect to our own inner wisdom, to the power of our body and to the power of our belly

Held in the beautiful womb space of Yoga Healing Glasgow
(Unit 7, Mansfield Park, 22 Mansfield Street, Glasgow, G11 5QP)

On Saturday 15th December 2012

between 9.30am and 1.30pm (women only)

and between 2.30pm and 6.30pm (men and women)

♥ the first workshop is for women only - to connect to the full beauty and power of your womb; power to create and nurture life; and in the second workshop those men and women entering the space will be supported and held in a womb-space created in the morning and lovingly held by those women who choose to stay for both workshops ♥

The fee for each 4-hour workshop is £40

or £30 if paid by 8th December 2012

and to attend both workshops the fee is £60, or £40 if paid by 8th December

You will help create a sacred space in which you can relax, open, heal, reclaim and support others to do the same. You will be fully honoured and there will be no pressure to participate.

The workshop will be lovingly facilitated
by Gillian Alexander



For further information please contact Gillian by email
on gillian@sacred-touch.co.uk or by phone on 07913 906 343
or see www.sacred-touch.co.uk/events