

Coming Home

LIVING WITHOUT FEAR

A gentle breath and moving meditation workshop open to all ages and abilities.

Being 'at home' in our bodies is an experience interrupted by illness, injury, trauma, or more simply the hectic pace of life. This special 4-wk class clears impediments to our knowing the support and well-being of a spacious, 'at-home' body-mind.

Deep-acting breath work, based on sound principles from yoga and tai chi, link with gentle movement to dispel aches, alter patterns of restriction, and develop resilience. *This class welcomes those in wheelchairs or with a disability*



WHERE: Playing Field Studio,

Kingsley St ACTON [near corner of Barry Drive]

Location map: <http://www.playingfieldstudio.org.au/content/getting-here>

WEDNESDAYS 12.45-1.30pm from March 6-27

Wheel chair accessible; change rooms at venue

COST: \$25 per session. *Contact Zsuzsi if an alternative day, or evening, is preferable.*

Further information: please ring Zsuzsi 0402 283 615 or go to www.bodyecology.com.au

Zsuzsi Soboslay, BA [Hons], A.Mus.A., LTCL, has over 22 years' experience as a dancer, artist, facilitator, counsellor and remedial and bodywork therapist. She works with adults, children, babies, perinatal women, and in situations of pre- and post-op recovery, with clinic, *Intimacy* [an annual workshop to replenish hope in relationship] and *EcoBody* bush retreats held in Canberra, Sydney, and Wollongong.