

bodyworks.



6 week *Live* online
program with Grace
Farmer

Wednesdays 1830 CET/1730 GMT
75 minutes on Zoom

Discover and rediscover the embodied design of your body through movement and awareness practices that help you to build a dependable relationship with your body (yes yours!)

Each week will investigate a specific part of the body and how we relate to it. Accessible, joyful, intentional movement with a small fixed group of people.

check website for next course dates
Get in touch: elbow.grace@hotmail.com

Dates + need to knows

Wednesday 1830 CET/1730 GMT

drop in 10€

6 week program 60€

provisional schedule

- 1: From the ground up: Feet
- 2: Mapping bones: Pelvis part I
- 3: Feeling weight: Pelvis part II
- 4: Soft + strong: Shoulders
- 5: Central pillar: Spinal Architecture
- 6: Gut feeling: Abdominal + front body

Who's this for?

This is an open level course, which means it is not determined by your level of ability or experience so far. It's for anyone who wants to increase or explore their body awareness and mobility, as well as the psychosomatic relation between body and mind.

What do you need?

Download zoom

space to move around and as much privacy as you can get

Maybe a yoga mat (your preference)

Spotify for music (occasionally)