

HEALTH OF THE SPINE

AN EXPERIENTIAL EXPLORATION OF THE SPINE THROUGH MOVEMENT

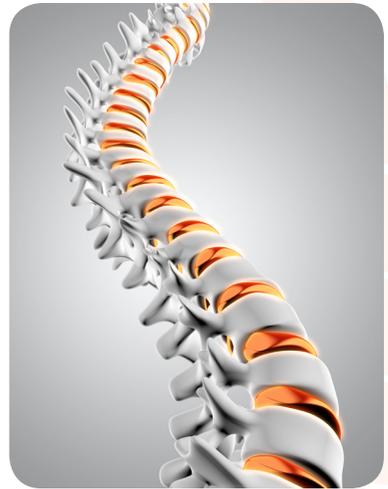
26th November 2016, 9.30-5pm

**WORKING CREATIVELY WITH MOVEMENT TOWARDS
HEALTH AND WELL-BEING OF BODY AND MIND**

WOULD YOU LIKE TO:

- develop a body/mind approach to health and well-being
- learn some pre-spinal movements
- improve the mobility of your spine
- learn how to release back tension
- consider your spine as a physical and emotional resource
- reflect on how this exploration can add to your professional development

**If you answer YES to the above
then this workshop is for you?**



Susan Scarth and Doe Warnes with guest speakers Debbie Watson and Julie Chilvers invite you to take part in a taster Day that explores ways to develop a healthier spine. Suitable for all health practitioners; allopathic, complementary, allied health professionals, body workers, somatic practitioners and those simply curious to know more about their body.

COST: £85

VENUE: Drama Studio, Queen Margaret University, Edinburgh, EH21 6UU

TRAVEL: Train: Musselburgh Station + 3 minutes walk.

Bus: Bus No's 30 and 45 from Edinburgh to Queen Margaret University Campus

TO BOOK A PLACE CONTACT: SUSAN SCARTH

0131 5552573 | susan@movingforth.org | www.movingforth.org

Our primary focus in this workshop is to develop a greater awareness of the links and the influences between body and mind.

We will be applying creative learning approaches to bring together experiential anatomy with movement, as a way to develop an embodied practice.

This workshop is a taster for an exciting new 4 part course that begins in Spring 2017. CELL (Creative Embodied Learning Laboratories) with Moving Forth, is offering a series of 6 experiential weekend workshops where we will engage in a fuller exploration of systems of the body

SHARE THE PASSION FOR BODY AND MOVEMENT WORK WITH OUR FOUR EXPERTS...

The day will consist of four workshops. Each facilitator will draw from their experience and specialist knowledge to build a comprehensive picture and understanding of the spine. We will use visualisations, hands-on exercises and movement explorations that are supported within the theoretical frameworks of BodyMind Centering, Laban/Bartenieff Fundamentals, anatomical theory and Dance Movement Therapy.

Susan Scarth MCAT, SrDMP, CMA, Dip.Sup., set up Moving Forth (a charitable organisation) in 2013 to provide therapy and training with a creative and body oriented focus. Laban Movement Analysis (LMA), Sensorimotor Psychotherapy and Dance Movement Therapy informs Susan's practice.

Doe Warnes MRSS, RDMP, ITEC, EXTEND has 40 years experience as a somatic bodyworker; Shiatsu practitioner/tutor, facilitator of Well-being groups, and teacher of holistic and embodied approaches to anatomy and physiology.

GUEST SPEAKERS: **Debbie Watson MA, RSME, RSMP** a creative arts practitioner, dance scientist and somatic movement educator. **Julie Chilvers BPA, CMA** a freelance dance artist and teacher, Pilates instructor and a Certified Movement Analyst (CMA/LMA).

See www.movingforth.org for further information