

The Woman Within



“Our thirst for soul will not be quenched by traveling abroad, but by traveling inward, and, when we find ourselves, we will rediscover the world”

- Daria Halprin

Body Wise

We live in a world that emphasises thinking over sensing, words over feeling, analysing over experiencing, thinking (to know) over acting (in order to know), goals over emergent process. Taught to ignore the truth of inner sensations and rhythms, we become physically, emotionally and cognitively dry, uninspired, stressed, depressed-anxious. Often ‘doing’ a lot but deriving very little joy and pleasure from what we do.

Body Wise is for women who want to reconnect with and deepen into their relationship with embodied being. It is for women of all ages who want to explore different ways of being and living, acting and connecting. Who want to feel inspired, energised, enlivened and excited by life.

Practicalities:

This programme is 1 full day and 5 x 2 hour sessions facilitated and guided by Hayley Stevens, a UKCP registered Body Psychotherapist, Chi Kung Teacher, Somatic Trauma Practitioner, Body Therapist. Hayley draws on over 25 years of experience of personal healing, development and growth work from western and eastern embodiment traditions and practices.

Venue: Silk House Therapy Practice, Macclesfield

To find out more contact Hayley Stevens

hayley@silkhousetherapypractice.co.uk