



Making Boundaries

A formative psychology workshop | Course leader: Maggie McKenzie



How do we actually change? How do we experience ourselves and how are our experiences embodied? Can we learn to behave differently, to become deeper, more satisfied, able to be more present in the fullest sense?

Shaping ourselves is a somatic exercise class in which participants can recognise and experience how behaviour is bodied. The class teaches a somatic methodology in which participants can learn to influence behaviours that are no longer satisfying and form new ones.

The workshop is an exercise class held on Thursday mornings from 8.45am-9.30am, and is limited to twelve participants. A minimum commitment of two terms is expected and it is preferred that people think of joining longer term.

Dates for 2019

January 31, February 21, March 14, April 11, May 9, June 6, July 11, September 26, October 24, November 14, December 5.

Cost: £43 per session payable to Maggie McKenzie at the beginning of each term.

Register Interest

To register your interest on this group please contact Maggie through the website or through the Spectrum office.