

Shaping Ourselves

Personal development A formative psychology class | Course leader Terry Cooper



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.

A minimum commitment of three terms is a requirement to join this class.

Currently there are two exercise classes; one is held on Tuesdays and the other on Fridays.

Each class meets at 8am for a fifty minute session
The group meetings take place in the spring and autumn terms.

How to enquire

For further information on this class, please enquire online or contact Terry through the Spectrum office.

