

Body Literacy Workshop

Thursday, May 7

6-8pm

Heartsong Music

2700 W. Anderson Ln, Ste. 320

Austin, Tx 78757

Become more fluent in the language of the body. Gain an appreciation for how and why your body talks to you and discern what it's telling you. Through guided breath work, mindfulness practices, hands-on activities, gentle movement, touch, imagery, sensory exercises, experiential anatomy, targeted massage and stretches, you'll learn how to respond to your body's signals as you reconnect with the amazing wisdom of your body.

Wear comfortable clothes and bring note-taking materials.

\$39/person

Register here:

