

Embodied Enquiry 07:
29 JANUARY 2020 10.30 - 12.00
Walking a Mile in the Shoes of Devils & SuperVillains

Embodied Enquiry 08:
19 FEBRUARY 2020 10.30 - 12.00
Walking a Mile in the Shoes of your Inner Critic

Embodied Enquiry 09:
18 MARCH 2020 10.30 - 12.00 GMT
Walking a Mile in the Shoes of Gods & Superheroes

Embodied Enquiry 10:
29 APRIL 2020 10.30 - 12.00 GMT
Embodying Sustainability: How Nourishing is your Rest Practice?

Embodied Enquiry 11:
20 MAY 2020 10.30 - 11.30
Embodying Sustainability in relationship

* Embodied Enquiry Special:
12 JUNE 2020 10.30am - 11.45am GMT
Experiential Anatomy

Embodied Enquiry 12:
24 JUNE 2020 10.30 - 12.30 GMT
Being Visible / Being Invisible: Seeing, Being Seen and the Internet

Embodied Enquiry 13:
22 JULY 2020 10.30 - 12.00
State management and Hope Practice in the face of the Climate Crisis.

Embodied Enquiry 14:
19 AUGUST 2020 10.30 - 12.00 GMT
Turning Mistakes into Creative Opportunities

Embodied Enquiry 15:
23 SEPTEMBER 2020 10.30 - 12.00
Feeling Ridiculous & Uncertainty Challenge: You are given a task you are highly likely to fail at.

* Embodied Enquiry Special:
9 OCTOBER 2020 10.30am - 11.45am GMT
Experiential Anatomy

Embodied Enquiry 16:
21 OCTOBER 2020 10.30 - 12.00 GMT
Wonder & Magic: Embodying Uncertainty with playfulness and mischief

Embodied Enquiry 17:
18 NOVEMBER 2020 10.30 - 12.00
Ending practice. Embodying and honouring endings.

Embodied Enquiry 18:
21 DECEMBER 2020 10.30 - 12.00
Winter Solstice Secular Sacred Ritual and Somatic Meditation