

Dates for Online Embodied Enquiry Sessions 2019 / 2020

Embodied Enquiry 01:

7th AUGUST 2019 17.30 - 19.00 GMT

Beginning Boldly & Making Mistakes for Fun

Embodied Enquiry 02:

28 AUGUST 2019 18.00 - 19.30 GMT

Walking a Mile in the Shoes of Gods & Superheroes

Embodied Enquiry 03:

18 SEPTEMBER 2019 18.00 - 19.30 GMT

Embodying Sustainability: How Nourishing is your Rest Practice?

Embodied Enquiry 04:

16 OCTOBER 2019 18.00 - 19.30 GMT

Wonder & Magic: Embodying Uncertainty with playfulness and mischief

Embodied Enquiry 05:

27 NOVEMBER 2019 18.00 - 19.30 GMT

Being Visible / Being Invisible

Embodied Enquiry 06:

18 DECEMBER 2020 18.00 - 19.30

Exploring the discomfort of Giving and Receiving via Secret Santa

Embodied Enquiry 07:

29 JANUARY 2020 18.00 - 19.30

Walking a Mile in the Shoes of Devils & SuperVillains

Embodied Enquiry 08:

19 FEBRUARY 2020 18.00 - 19.30

Embodying Sustainability in relationship

Embodied Enquiry 09:

18 MARCH 2020 18.00 - 19.30

State management and Hope Practice in the face of the Zombie Apocalypse.

Embodied Enquiry 10:

15 APRIL 2020 18.00 - 19.30

Walking a Mile in the Shoes of your Inner Critic

Embodied Enquiry 11:

20 MAY 2020 18.00 - 19.30

Feeling Ridiculous & Uncertainty Challenge: You are given a task you are highly likely to fail at.

Embodied Enquiry 12:

17 JUNE 2020 18.00 - 19.30

Ending practice. Embodying and honouring endings.