

We are happy to host a workshop with

SANDRA SABATINI & MICHAL HAVKIN  
AT THE  
ACTIVE BIRTH CENTRE

APRIL 8<sup>TH</sup>-10<sup>TH</sup> 2016



*“Offer your whole being to the natural oscillations and spiralling movements which will never cease to change and surprise you”*

Sandra and Michal will offer you sequences and a way to practise, which will help you to undo. Creating a state where your habitual tension and holding may be released and dropped, through combining Vanda's approach to yoga and Feldenkrais movement. To experience this while practising is a great joy!

Friday - 18.00-20.00 & Saturday & Sunday - 10.00 – 16.00, one hour for lunch

Cost £200, To Book: email [alice@activebirthcentre.com](mailto:alice@activebirthcentre.com) or call 020 7281 6760