



BEING SPACE



Being Moving Seeing

"Individually, we are one drop. Together, we are an ocean"

Ryunosuke Satoro

When we gather with a common purpose to explore together and support one another, unexpected and magical things can happen. In offering these gatherings my intention is to create and provide a space for us to be, and for transformation. How you are, what you bring and how you show up in the space is always unique, relevant and an important part of the mix.

Welcome to Being Moving Seeing.

Catherine

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If you would like to find out more, please get in touch or arrange a short Zoom meeting. Dates and booking details can be found on [beingspace.world](https://beingspace.world).

Call or WhatsApp: +44 7770 267230

E-mail: [catherine@beingspace.world](mailto:catherine@beingspace.world)

Arrange a Zoom meeting:

<https://go.oncehub.com/15MinuteChatWithCatherineLlewellyn>



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## Being Moving Seeing

*A morning of conscious dance, stillness and sharing circle. A gentle relaxed and welcoming space.*

A simple couple of hours on a Saturday morning, for conscious movement with undemanding tunes, stillness, and a light sharing circle at the end.

- Invite yourself into a space of self-permission, allowing and freedom to be exactly as you are
- Relax into intuitive conscious movement ~ following your own rhythm and feeling in the moment
- Take away a deeper sense of self-acceptance, peace and alignment

Location: Brilley Hall, Brilley near Hay-on-Wye, Herefordshire UK HR3 6JG

**Investment for morning dance: £15 due in advance**

