



Being Space Dance one-day Workshop

"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 Workshops 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 Space Dance.

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>





## Being Space Dance one-day Workshop

*A one-day gathering incorporating conscious dance, meditation and sharing circle. A haven of peace, movement and community for us to connect, heal, celebrate and affirm the magic of being alive. A joyous experience.*

This workshop began as a response to the negative effects of Lockdown in the UK in 2020 and 2021, emphasising peace, friendliness, relaxation and fun. We've all moved on since then, and so has Being Space Dance. All the same elements are present, along with more space for deeper exploration and connection, through conscious dance, meditation and connection.

- Enjoy the warm welcome of like-minded souls ~ free of judgement, expectations and any need to get anything right
- Invite yourself into a space of self-permission, allowing and freedom to be exactly as you are
- Give loving attention to the body, the mind, and the heart
- Relax into intuitive conscious movement ~ following your own rhythm and feeling in the moment
- Deeply relax into stillness and rest
- Experience calm, peace and happiness
- Take away a deeper sense of self-acceptance, belonging, freedom and enthusiasm

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

Timing: 10:30am to 5:00pm

**Investment for one-day workshop: £120    Payment plans are available.**

