



NADINE SAXTON

A Laban/Bartenieff somatic specialist, Nadine connects her hands on clinical skills with developmental patterns and Space Harmony to stimulate neurogenesis. Her knowledge of the interrelationship between systems of the body and emotions supports her ability to facilitate the awakening of sensory awareness and enhances a clearer expression of our meaning in movement. This inner to outer approach utilizing principles of movement integrates bodymind connectivity.

www.nadinesaxton.com

**Thursday March 29th
6:30 pm - 8:30 pm TH2SAX**

CranioSacral Techniques for Yoga Instructors

This workshop will focus on the underlying physiological and energetic structures of the cranium. See and feel the bones of the skull and the sacrum. Learn to efficiently lift the head and accurately connect with the chakras housed within.