

A Day of BodySoul Movement and Voice
with
Sheila Langston



Saturday, October 14, 2017
10:00 a.m. to 5:00 p.m.
at The Lab, Foley Street, Dublin 1
Cost: €110

In BodySoul work, an essential part of the integrative process involves the body, breath and voice. The investigation of these aspects is a lifelong exploration, and often gets relegated to the “do later” pile. This day-long workshop offers the opportunity to drop more deeply into your own body, breath and voice and to discover the energy, images, and vitality contained within.

The day will include gentle voice work, movement, discussion and dialogue, and offers the chance to experience and expand one’s own individual expression through body and voice.



With creative roots in theatre and dance, Sheila has over 30 years experience as a voice-movement coach and instructor in Canada, the U.S. and Europe.

Having completed the Marion Woodman Foundation Leadership training, Sheila has led numerous intensives, workshops and seminars internationally for more than a decade. She is currently completing training as a Jungian analyst in Switzerland, and works with clients in analysis, attending to dreams and the expression of the psyche.

For information and registration, contact Sheila at sheilangston@gmail.com