



26th March 2022:

Heart, Ground and Rhythm

on wonders of joy and caring support in movement

- 9.30am – 10am:** Arrival and Greetings
- 10am – 12.30pm:** Homecoming Workshop – Martina Polleros
(2-hour workshop and half hour discussion)
- 12.30pm – 1.30pm:** **LUNCH**
- 1.30pm – 3pm:** Body Streaming Workshop – Dr Anna Dako
- 3pm – 3.15pm:** **BREAK**
- 3.15pm – 4.45pm:** Grounded Flow Workshop – Francis Angol
- 4.45pm – 5pm:** **BREAK**
- 5pm – 6pm:** Exchange and Closing Remarks