



Clearlight Bodymind Awareness

Dear Osel

I attended your Feldenkrais Workshop a few weeks ago.

The setting is like walking into a secret garden and finding a hideaway retreat.

The Feldenkrais workshop was amazing, listening and moving to Osel's voice for three hours is very relaxing. I felt younger and calmer not only after the workshop, but it seems to subconsciously make me more aware.

If you want to spend a morning of pure relaxation, then I would highly recommend you attend one of Clearlight Bodymind Awareness workshops.

Thank you so much.

Sharon