Presence and Awareness with Kate Bobis

Have a break from study with artist and performer Kate Bobis.

This 45-minute session will incorporate elements of performance and theatre to explore awareness of the mind and body. Structured in three parts, Kate will lead exercises to encourage your creativity and imagination through breathing and body exercises alongside movement and mediation techniques.

This session is open to everyone, and suitable for all levels of fitness. No experience in movement or theatre required!

This session will be presented on zoom and all registered participants will receive a link to the session on the day.

Register at the link below!

Find out more