

Soul  
Moves



Day

in Herefordshire  
25th March

at Upton Bishop Hall 10am to 5pm

moves to heal & awaken



give yourself this gift

**Why Soul Moves?** In unpredictable times, when things seem to be beyond our control, it is important to have access to tools which help us centre and come from a real place. We can then live our lives rather than be the victims of circumstance. A Soul Moves day with Richard offers you this opportunity – to re-connect with your own vitality and aliveness, and re-find the inner peace which lies at your centre, just behind the tension.

**What is Soul Moves?** It is a movement which brings you closer to your original self, your true self, rather than your habitual 'survival' self.

Through Soul Moves, Richard brings the formal benefits of Tai Chi in an informal and accessible way, without unnecessary technique or complications.

**How does this happen?** We use gentle Tai Chi exercises to enable relaxation and flexibility, and to allow you to experience the principle of stillness in motion. We explore meditation – the art of being present. When you are present you have the ability to make a choice rather than be pulled by old habits of thinking and reactivity.

### What can you expect to gain from the day?

- Rest, nourishment, support and inspiration.
- Valuable tools to take back into your life to help you live your life rather than just survive it.
- The opportunity to join longer courses in this work should you wish to continue your exploration.

**Pricing Policy:** We aim to make our courses as financially accessible as possible so we offer a range of fees. We trust you to choose your option. Please fill in the booking form below to reserve a place. If you need further help, ask us. We are happy to talk to you about what concerns you or answer any questions.

for more information contact Richard on: 01989 740 590  
email: richard@soulmoves.co.uk or see at [www.soulmoves.co.uk](http://www.soulmoves.co.uk)

#### BOOKING FORM

#### Times - Place - Fee

Name:

Date: Sunday 25th March 2012

Address:

Times: 10.00am to 5pm

Place: Upton Bishop Millennium Hall, easy access  
M4, M5, M50, A40

Post Code:

Full fee: £45    Reduced fee: £30    Minimum fee: £15

Phone:

Please book me a full... reduced... fee place (*please tick*) on the Soul Moves Day. I enclose a deposit of £15 payable to RDTTC to secure my place.

Email:

Send to: RDTTC, PO Box 149, Hereford HR1 9EU

BOOKING FORM