

# Consciousness and the Body Workshop

with Vincent Fraser,  
CST; CAT/Somatic Therapist

Saturday March 24th, 2018

11am-2pm at Dew Yoga

123 High Ridge Road  
Stamford, CT



This is an experiential workshop exploring Embodiment practices that lead to a more vivid experience of living and the release of the effects of trauma. It is drawn from his years of private and group practice in the modalities of Craniosacral Therapy, Alexander Technique, and Somatic Experiencing. We will discover and practice pathways that one can become increasingly skillful at. As we move further into our work together, acknowledgement of a deeper understanding and experience of the Self will emerge.

This workshop will be limited to six people and the fee is \$50. Study groups may form to take our practice further.

Please call or e-mail Vincent to reserve a space or for further information.



**Vincent Fraser**

Craniosacral Therapist

Certified Alexander Technique Teacher

Somatic Experiencing

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