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**Capacitar England Formation Session – Saturday July 2nd 2022 -**

**10-1 p.m. on Zoom (See below for invite link)**

We will explore a Summer theme for the first part of the session and after the break we will watch a short YouTube video with Dawson Church on **epigenetics** (how our genes react and adapt ), which is very pertinent to using Capacitar practices. There will then be a group discussion and plenary, before some shared body work.

<https://youtu.be/kQIaCiRGbF8> This is link for 13 minute clip if you want to view it beforehand (lots in it after a smiley beginning!)

Email : Paul at [capacitaralbion@outlook.com](mailto:capacitaralbion@outlook.com) to register

Join Zoom Meeting July 2nd 10 a.m. : <https://us02web.zoom.us/j/84753140187?pwd=STM5VlBHSEJmcDNNeXpEYUgyc3lwQT09>

Meeting ID: 847 5314 0187 Passcode: 794880