

Online Taster Session to experience

\*Capacitar Wellness Practices

During each experiential taster session we will explore the body-based wellness practices of Capacitar, working with the healing flow of the body using simple Tai Chi movement, breath-work visualisation, self-acupressure and energy work. Each of the practices enable relaxation, calm and trauma healing.

The practices are wonderful for self-care and for sharing with others.

Led by CapacitarUK Trainers:

Paul Golightly (England)

Nancy Adams (Scotland)

Friday February 11th & Saturday February 19th

1000 - 1300 on Zoom

(each taster session will be the same, so you only need to book for one of them)

To express interest, email capacitarscotland@gmail.com for the Zoom link

\*Capacitar is a Spanish word which means to empower and enable.

Capacitar International works in 45 countries worldwide.

For more information: [www.capacitar.org](http://www.capacitar.org) or [www.capacitaruk.org](http://www.capacitaruk.org)