

MY GIFT
FOR YOU

New Year | Matinée

TRANSITION



Ground & orientation for a first step

Anchoring your posture in refined support
& nurturing your act with embodied trust.

07 January 2024

10 : 00 - 11 : 30

@

LE LOFT | Gaillac (81)

2, rue Peyriac

Free class.

Booking required via ap.seuils@free.fr

Contact/Info : 00 33 659 30 76 95