

**BODY TALK SESSIONS 2022
(AROUND THE BODY IN 51 WEEKS)**

WINTER

January 7th Glorious Globes
January 10th & 14th Renal Renewal
January 17th & 21st Braving Bones
January 24th & 28th Cellular Celebration

Jan 31st & Feb 4th Evoking Evolution
February 7th & 11th Womb Wisdom
February 14th & 18th Spine Sensations
February 21st & 25th Harmonising Hormones

SPRING

Feb 28th & March 4th Spring Awakening (Body Areas)
March 7th & 11th Lively Liver
March 14th & 18th Gracious Gall Bladder
March 21st & 25th Anchoring Axis

March 28th & April 1st Honouring Horizons
April 4th & 8th Side by Side (Bilateral)
April 11th & 15th Sincere Sinews
April 18th & 22nd Joyous Joints
April 25th & 29th Womb as Nest

May 2nd & 6th Easy Eyes & Forward Feet
May 9th & 13th Spring Clean (Detoxification)
May 16th & 20th Mutable Mesoderm
May 23rd & 27th Gathering Gall

SUMMER

May 30th & June 3rd Spring Meets Summer (Linking Vessels)
June 6th & 10th Shimmering Chakras
June 13th & 17th Blood Bliss
June 20th & 24th Harty Heart

June 27th & July 1st Insightful Intestine
July 4th & 8th Pericardium Protection
July 11th & 15th Blazing Burners (Torso Divisions)
July 18th & 22nd Fabulous Fascia
July 25th & 29th Melting Marrow

LATE SUMMER

August 1st & 5th Central Channel

August 8th & 12th Satisfying Stomach

August 15th & 19th Digestive Desires

August 22nd & 26th Splendid Spleen

Aug 29th & Sept 2nd Loving Lymph

September 5th & 9th Nurturing Navel

September 12th & 16th Marvellous Muscles

September 19th & 23rd Greeting Gravity

September 26th & 30th Embracing Elimination

AUTUMN

October 3rd & 7th Lyrical Lungs

October 10th & 14th Integral Intestine

October 17th & 21st Engaging Ectoderm

October 24th & 28th Grounding Grief

Oct 31st & Nov 4th Valuing Voice

November 7th & 11th Breath Beauty

November 14th & 18th Womb Loss

November 21st & 25th Mining Minerals

WINTER

Nov 28th & Dec 2nd Securing Surfaces

December 5th & 9th Skin & Bones

December 12th & 16th Glowing Glands

December 19th Glorious Globes