

The Butterfly Practice

An evening of mindful introspection and gentle movement

About the Practice

Join us in exploring a practice that creates space for discovering what naturally emerges when we slow down and pay attention. It might open up interesting insights, or it might simply offer a peaceful evening of gentle awareness - either way, we're curious to see what unfolds.

The practice moves through:

- Opening to simple body awareness
- Following natural movement impulses
- Finding a space of quiet attention
- Sharing what we noticed with a partner

This is an exploration in progress - we're interested in discovering together what possibilities this format might open up. Come with curiosity and an openness to experience something different.

Session Details

Duration: 45-60 minutes

Cost: Free exploration session (donations welcome)

What to Bring

- Comfortable clothing you can relax or move in
- A yoga mat or blanket if you'd like
- Water bottle recommended

Time & Place

Thursday, February 6th at 7:30pm

Praksis

15 Proven Street

Campbell, ACT

Ground floor access, street parking available

Good to Know

- No previous experience needed - just bring your curiosity
- Email to register - we'll send a brief consent form to complete
- Space is limited to ensure a comfortable group size
- The practice is guided by audio, allowing everyone (including me) to fully participate while ensuring consistent timing and flow

Interested in Joining?

Email butterflyresonance@gmail.com to register or ask questions



Want to learn more about the ideas behind the practice? Scan here