



michelleherrondotcom
WORKSHOPS 2026

MOVEMENT: explorations to begin a yoga practice or deepen an existing one.

sunday 06 september	sunday 04 october
floor based practice: upper body	floor based practice: spine
sunday 01 november	sunday 06 december
floor based practice: lower body	balance

ART PLAY: mindful practices to facilitate relaxation

sunday 13 sept	sunday 11 oct	sunday 08 nov
free form	mark making	layers

WORD PLAY: for self-exploration and expression

sunday 20 sept	sunday 18 oct	sunday 15 nov
words within words	the long & short	personal lexicon

all the sessions will be pre-recorded
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what you need ...

MOVEMENT: watch 'the beginning' and 'the end' that will be available from 30 august.

ART PLAY: for free form and mark making ... simply a pen or pencil and something to write on. if you have any art materials such as coloured pencils, crayons, markers or paints etc you may like to use those.

you can also utilise an etch-a-sketch or drawing software on a device.

for layers ... collect any paper supplies that you naturally have, such as junk mail, envelopes from letters, wrapping paper, clean food packaging, magazines, newspapers etc.

WORD PLAY: simply a pen or pencil and something to write on, your preferred digital note taking implement or whatever you use for audio notes.

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