

BIO SOMATICS®

MOVEMENT EDUCATION



...Experience the mind's body connection through movement
with Carol Welch, Educational Director

BioSomatic Movement Classes

The Missing Link in Fitness

Educating the body by non-strenuous movement to resolve stiffness, soreness, and restricted range of movement.

These workshops are for everyone interested in acquiring knowledge to self-direct their health.

Releasing habitual tensions in spine and joints.

Synovial Joints the most prevalent type of joints in the body. Found mostly in the limbs and along the back of the spine.

This somatic way of moving spinning, rolling and gliding contribute to the health of these joints.

When joints become stiff and painful this pain may be mistaken for arthritic pain. When in fact movement could alleviate it.

Biosomatics is a step towards taking our healing back into our hands. It is an empowering approach to movement utilizing a composite of techniques to retrain the messages sent from the brain to the body. Biosomatics is a means to a more direct self-knowledge of our autonomy in refining how we move, discerning what will work best and reacquainting us with our inherent capacity to remain agile. This is a process of reeducating adult neuro-motor functioning resulting in a means to self-adjust tension, change postural patterns and help us gain freedom from the unconscious habits of how we use ourselves.

2 0 1 0 S C H E D U L E

TUESDAYS

SERIES 1 - January 5, 12, 19, 26

SERIES 2 - April 6, 13, 20, 27

SERIES 3 - July 6, 13, 20, 27

SERIES 4 - October 5, 12, 19, 26

4:30 - 5:45 p.m.

\$85 for each series of classes or

Early Bird (2 weeks prior to first class) \$75



Call Carol Welch for more information: 245-8903

Please pass this invitation onto a friend!

Classes located at Academy of Yoga, 102 South 5th Street

BioSomatic Movement Class Registration

Name _____

Address _____

Phone _____

Email _____

Series 1 Series 2 Series 3 Series 4 All 4 series

MAIL TO:

BioSomatics

P.O. Box 206

Grand Junction,

CO 81502