

# Introduction to the BioSomatic Approach - THE MISSING LINK IN FITNESS



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

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.



**August 18<sup>th</sup>, 2023**

**FRIDAY: 3 PM TO 4:30 PM**

**Investment \$35**

“If we could learn how to balance rest against effort... calmness against striving .....quiet against turmoil... we could assure ourselves of joy in living and psychological health for life” - Dr. Josephine Rathbone

Classes located at Avanti Therapy, 5353 Manhattan Circle, Ste 103, Boulder, CO 80303  
For more information contact Carol Welch at 970-210-7352, [cwelch@biosomatics.com](mailto:cwelch@biosomatics.com)  
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## BioSomatic Approach - Class Registration

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

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