



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.

...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.

2026 SCHEDULE

TUESDAYS

SERIES 1 January 6, 13, 20, 27

SERIES 2 April 7, 14, 21, 28

SERIES 3 October 6, 13, 20, 27

All classes are 3 p.m. to 4 p.m.

\$95 for each series of classes or

Early Bird (2 weeks prior to first class) \$90

Please call to confirm you will be attending classes and that you will pay at that time, or mail in class registration with payment.



LOCATION: 249 Grand Ave., Grand Junction, CO

Contact Carol Welch for more information at cwelch@biosomatics.com or 970 -210-7352

Please pass this invitation on to a friend!

BioSomatic Movement Class Registration

Name _____

Address _____

Phone _____

Email _____

MAIL TO:

Somatic Educare

300 Main Street, Ste. 301

Grand Junction , CO 81501