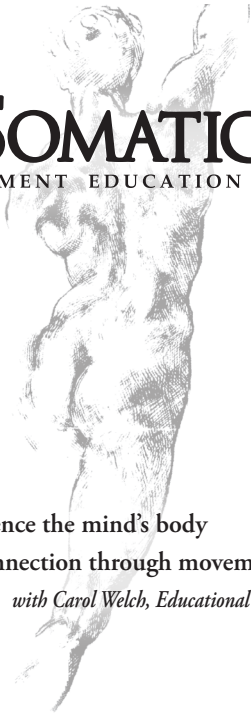


BIO SOMATICS[®]

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.

2022 SCHEDULE

TUESDAYS

SERIES 1 - January 4, 11, 18, 25

SERIES 2 - April 5, 12, 19, 26

SERIES 3 - July 5, 12, 19, 26

SERIES 4 - October 4, 11, 18, 25

4:30 p.m. - 5:30ish p.m.

\$90 for each series of classes or

Early Bird (2 weeks prior to first class) \$85



LOCATION: 249 Grand Ave., Grand Junction, CO
Call Carol Welch for more information: 970-245-8903

Please pass this invitation onto a friend!

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