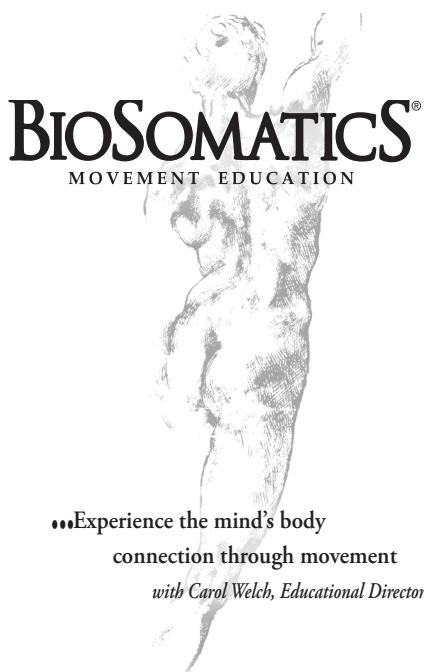


# BioSomatic Approach -

## CROSSING THE BRIDGE TO MORE DIRECT SELF KNOWLEDGE



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

This involves:

- Movement for health of joints. The moveable parts is the primary focus
- Staying conscious while moving to strengthen coordination, improve attention, and ability to focus
- How four primary neuromuscular links build the bridge between how we move and how we mentally process
- Downloads spontaneous written responses to balance and activate right and left brain

**June 6, 2026**  
**Saturday: 10 AM to NOON**

**June 7, 2026**  
**Sunday: 1 PM to 3 PM**

Investment \$210

Early bird \$190 by May 24, 2026

Any registration sent 2 weeks prior to workshop  
will receive a \$20 discount

Call me if you choose to pay for class in person



BioSomatics has taught me how to have a conscious relationship with my nervous system, which I have never had before. The result is I feel more fully and strongly planted on this earth. –Kate Ellis, Certified Clinical Musician

My experience in BioSomatics has been a source of quieting the mental chatter and moving restrictions of guarding and holding. This has opened up to opportunity for change to organize my health into more fullness. –Maria Currey, Massage Therapist

BioSomatics is an essential for all Physical Therapists. It has given me more tools as, well as, understanding of how imperative the education of sensory- motor awareness is for rehabilitation. – Denny Kozak, Physical Therapist

Classes located at 249 Grand Ave, Grand Junction, CO

For more information contact Carol Welch at 970-245-8903, [cwelch@biosomatics.com](mailto:cwelch@biosomatics.com)

### BioSomatic Approach - Class Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

MAIL TO:

Somatic Educare  
300 Main Street, Ste. 301  
Grand Junction, CO 81501