

BioSomatic Approach -

Bone, Breath and Gesture

Transformation and Evolution of our Experience as a Body

BIO SOMATICS®
MOVEMENT EDUCATION



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

SATURDAY, AUGUST 13, 2022
1PM TO 4PM

SUNDAY, AUGUST 14, 2022
10AM TO 1PM

Investment \$270
Early Bird \$250 by Aug 1st

Bones - Awareness of how you move, moving with the connectivity to all parts.

Breath - calm or emergency?

Healthy breathing stabilizes the posture.

Poor breathing interferes with the health of everything you do and feel.

Gesture - The body is a dynamic expression, not a static event.

The gesture of healthy

-push and pull

-holding a posture

-swinging and rolling

-feeling connection to all parts

results in more grace less deterioration.



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

Classes located at Avanti Therapy, 5350 Manhattan Circle, Ste 100, Boulder, CO
For more information contact Carol Welch at 970-245-8903, cwelch@biosomatics.com
or Heather Boak 303-543-1202, heather@avantitherapy.com

BioSomatic Approach - Class Registration

Name _____

Address _____

Phone _____

Email _____

MAIL TO:

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