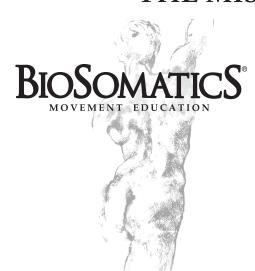
Introduction to the BioSomatic Approach - THE MISSING LINK IN FITNESS



•••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 18th, 2023

FRIDAY: 3 PM TO 4:30 PM

Investment \$35



"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, 5353 Manhattan Circle, Ste 103, Boulder, CO 80303 For more information contact Carol Welch at 970-210-7352, cwelch@biosomatics.com or Heather Boak 303-533-1202, heather@avantitherapy.com

BioSomatic Approach - Class Registration

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Name	Mail to:
Address	BioSomatics
Phone	P.O. Box 206 Grand Junction, CO 81502
Email	