

BioSomatic Approach -

Bone, Breath and Gesture

Transformation and Evolution of our Experience as a Body



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

Bones - Awareness of the felt sense of movement lead by the skeleton and the connectivity of all parts.

Breath - calm or emergency?

Breathing better, a missing pillar of health.
How we breathe matters.

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

The gesture of healthy

- push and pull
 - holding a shape
 - swinging and rolling
 - feeling connection to all parts
- results in more grace less deterioration.

SATURDAY, AUGUST 19, 2023
1PM TO 4PM

SUNDAY, AUGUST 20, 2023
10AM TO 1PM

Investment \$270

Early Bird \$250 by Aug 1st



"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 100, Boulder, CO
For more information contact Carol Welch at 970-210-7352, 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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