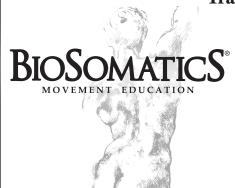
BioSomatic Approach -

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

SATURDAY, AUGUST 19, 2023 1PM TO 4PM SUNDAY, AUGUST 20, 2023 10AM TO 1PM

Investment \$270

Early Bird \$250 by Aug 1st

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.



"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:

BioSomatics P.O. Box 206 Grand Junction, CO 81502