

SOMATICS & THE MYTH OF AGING!

Four Tuesday Sessions:
April 30, May 7, 14, 21
10:15 AM - 11:30 AM
\$45 RSVP Space is Limited

Presented by certified Somatic Exercise Coach
MaryKay Marquart

Fact: Pain does not have to be a normal progression of aging!

In these 4 introductory classes, you will reacquaint yourself with muscles of your body that, when held unconsciously (SMA - sensory motor amnesia), contribute to chronic pain patterns, normally assumed to be the inevitable result of aging. Through gentle, pain-free "Somatic" movements, you will learn to:

- move your body with a deep sense of awareness
- regain freedom of movement
- improve mobility
- build strength and improve coordination
- improve posture
- eliminate pain

Because of the progressive nature of the lessons, please make an effort to attend every class in order to get the most out of the series. You will learn a "Daily Somatics Routine" that you will feel confident to practice at home!



Every Body's Yoga

***Please call, text or email to reserve your spot!**

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