

Fundamentals Immersion *with Essential Somatics*[®]

Join us for a weekend of movement-based learning and discover how you can relieve muscle pain, prevent injury, and improve your range of movement. Clinical Somatic Education provides missing link information that will change the way you live your life!

Come and learn how to:

- Use Somatic Movement to relieve muscle pain and tension (without stretching!)
- Recognize movement habits and stress adaptations that contribute to muscle pain
- Apply lifelong skills for self-care

Visit essentialsomatics.com/fundamentals



This course is taught by:
Elizabeth Wakley, CCSE



Early Bird: US\$375 until March 22, 2020

Roots on Whyte,
8135 – 102 Street NW, Edmonton, T6E 4A4

April 18-19, 2020 | 9:00am-5:00pm

presented by
Pilates EQ



essential
SOMATICS
PAIN RELIEF THROUGH MOVEMENT