



# A Move into Joy Workshop



## Relax your Shoulders Free your Neck

In this workshop we will explore unique, easy movement sequences that will help you:

- ✓ **RELEASE** habitual patterns of tension
- ✓ **RELIEVE** stiffness and pain
- ✓ **IMPROVE** ease and range of movement
- ✓ **LEARN** to use your whole body to support the movements of your head and shoulders

📍 **Location:** Private Studio in Richland.

📞 **Fee:** Early Bird **\$35** or **\$40** after Feb. 2

Paypal: irene@moveintojoy.com or Venmo: Irene-Bowers1

For exact address, contact Irene: 213 324-3261 or

irene@moveintojoy.com

**SUNDAY  
9 FEB  
1:30-3:30PM**

**Join us. Everyone can do this.  
It will be fun, instructive and energizing!**