

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

📞 **To Register:** Contact Irene: 213 324-3261 or irene@moveintojoy.com
Exact address given at registration

💰 **Fee: \$40**

SATURDAY
7 MAR
1:30-3:30PM

Irene Bowers is a *Guild Certified Feldenkrais Practitioner^{cm}* and a Somatic Experiencing® Practitioner. She teaches group classes and works privately with clients in Los Angeles and the Tri-Cities. Her goal in her movement work is to help her students rediscover the joy of movement that is their biological birthright.

Join us! It will be fun, instructive and energizing. www.moveintojoy.com