



CHRONIC TENSION? LOOKING FOR RELIEF?

Somatic movement workshops

with **Ali ROSE** (BWY)

Do you experience chronic pain and tension because of sport, injury or simply the stresses of everyday life?

Would you like movement to feel easy and pain free?

Hanna Somatic Movement practice uses simple movement to re-educate the body/mind to release chronic muscular pain. Simple yet profound, HSME can bring about immediate and long-lasting benefits. This is a practice for everybody!

Call Ali for further information and booking.

Booking essential. Limited spaces

Tel 07883678629

'Movement is life!'

www.yogawithalirose.co.uk

Release
chronic pain
with simple
movement

Tuesday
mornings

10.00- 11.30 am

August

7th / 21st / 28th

£10.00 per
session

St Briavels
Assembly
Rooms

