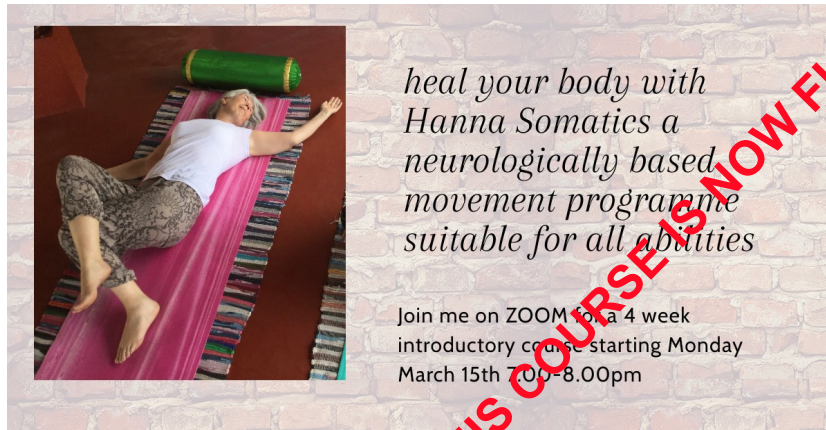


Thank you for your enquiry regarding the forthcoming course, below is a brief outline of the content for each of the 4 weeks.



AN INTRODUCTION TO HANNA SOMATICS

A 4 week programme to help you ease out tension, stiffness, relieve aches & pains, improve mobility, strength, coordination, balance & generally feel better & move better

WEEK 1

Introduction: What is Hanna Somatics, the difference between soma & body: moving & feeling: Red Light Reflex

Practice: Red Light Reflex working mainly with muscles in the front body

WEEK 2

Introduction: chronic muscular tension – pandiculation -Green Light

Practice: Green Light Reflex working mainly with muscles in the back of the body

WEEK 3

Introduction: Sensory Motor Amnesia – Trauma Reflex

Practice: Trauma Reflex working mainly with muscles in the side body

Week 4

Introduction: The Role of the brain

Practice: for 3 reflexes – home practice

Videos available after each session to practice at home please download to keep

Payment in full (£20) by BACS to: Gillian Russel: Santander: 09 06 66: 41782830

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