

INTRO TO SOMATIC YOGA

With Marsha Pappas



Thursday 5/10, 6:30-9:30 PM, \$35

Learn the basics of this powerful method of movement!

Due to past injuries, traumas and habit patterns, we lose the ability to move with consciousness and ease. Somatic exercises prepare us to move well as they restore sensory awareness and control to the brain and muscular system. These exercises are an excellent compliment to any yoga practice and teach safe, gentle methods for relieving chronic muscle pain and help the body move more freely.

Benefits:

- ◆ Long term muscle pain relief and renewed physical independence
- ◆ The ability to self-monitor, self-correct and self-adjust one's posture, movement habits, and daily movement patterns
- ◆ Substantial change in muscle function and coordination through changes in the nervous system
- ◆ Safe, simple full body techniques for stress reduction of the entire body
- ◆ Enhances your ability to do asanas as you release unconsciously held tension
- ◆ Yoga teachers will learn how to weave these techniques into their teaching to better serve their students

Marsha Pappas is the co-creator and director of the 200 hour teacher training at Cityoga since 2003. She created this training after teaching yoga and stress management for over 20 years. She has been certified as a Somatics Coach since 2012. Marsha brings her training and experience into this work as a way to help participants add another dimension to their practice and teaching.



Held at Inner Peace Yoga Center, 5038 E 56th St., Indpls, IN 46226

317-257-9642 www.ipyc.org

We request that you call to register by Mon. 5/7

