

# RE-CONNECT

Give yourself the time to re-connect and rejuvenate before the festive season is upon you. This mini workshop will focus on re-connecting back to you. Through a series of gentle breath exercises, connective tissue exercise and postural awareness work, you will be given the opportunity to stop the momentum you are in and find a gentler, more at home place to be in your body. What better gift can you give yourself this Christmas?

Date: Saturday December 6th 2014

Time: 10am – 12.00

Place: Dundee Pilates Studio, 4 North Isla Street, DD3 7JQ

Cost: £20

For further information or to book a place please contact Jane Torvaney, Chartered Physiotherapist on [jane@structuralharmony.co.uk](mailto:jane@structuralharmony.co.uk). Places are limited to 10



Jane is a chartered physiotherapist who specializes in posture and connective tissue work. “As a nation we are stressed, exhausted and living in tight, constricted bodies. Each one of us has the potential to be more gentle in our bodies, more fluid in our movements and have more vitality and joy in our lives. ”