

RE-CONNECT

Do you wake each morning with your body feeling light and energetic? Are your movements fluid and graceful as you go about your day? Or do you find yourself feeling tired, wishing you had greater ease in your body and better posture?

If you struggle with any -

Exhaustion
Poor posture
Back pain
Stiffness
Stress

- then your body will welcome this workshop.

This fun and gentle workshop has been created to help you uncover the old established patterns that have been restricting your movement and your posture. Through breath work, self awareness and postural exercises you will discover simple tools to support you and your body re-connect to a more gentle, balanced way of being, all day, every day.

Date: Saturday June 14th, 2014

Time: 10am – 2.00pm

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

Cost: £30

For further information or to book a place please contact Jane Torvaney, Chartered Physiotherapist on 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. ”