

RELIEVE PAIN THROUGH MOVEMENT



SOMATIC MOVEMENT WORKSHOP

Presented by Ruth Beckmann

Learning somatic movement has the power to change a lifetime of habits through gentle movement and awareness.

An Introduction to Somatic Movement.

Improve posture and walk easier.

At Springwood Studio, Mount Barker Road, Leawood Gardens

Saturday April 4th 2020, 2pm - 5pm.

\$50 with afternoon tea provided.

Please bring your own blanket, cushion and yoga mat.

Places are limited to ensure personal attention with the practice, so book early.

Contact Ruth on: 0421 689 447 or lovelyruthie@internode.on.net

Visit: adelaidesomatics.com.au

What is “Somatic”?

Soma = Greek word for body.

Somatic = your body as experienced from within.

Somatic movement = experiencing and fine-tuning how you move within your body.

I help people with chronic muscle tension to release those knotted muscles that just won't relax by retraining the muscles from within using Somatic Movements.

Learn an easy approach to self-care that nourishes your nervous system and soothes away tension - rediscover the joy of free and easy movement.

How does Somatics work?

Somatic movement works by retraining your brain, using the neuromuscular system, reflex patterns and the brains ability to focus completely on internal sensations to develop new neural pathways. It's a process of relearning how to relax and reset your muscles.

You will learn about the principals of somatic movement education in the tradition of Thomas Hanna. Become present to your own felt sensations, grow in awareness, free up your tired, contracted muscles and feel the difference that somatic movement practice can make. It's so easy... your body will love you for it.

“Freedom is not an idea, it is a practice” Thomas Hanna



Ruth is a Certified Clinical Somatic Educator and a Level 1 Somatic Exercise Coach. Her training was the first of its kind to be taught in Australia by Martha Peterson and faculty of Essential Somatics - taught in the tradition of Thomas Hanna.

Ruth is also a certified Integral Yoga Teacher, Registered Nurse & Midwife, and has specialised in teaching pre-natal yoga for over fifteen years.



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Want to know more about Somatics? Visit adelaidesomatics.com.au