



PAIN FREE PLUS

The next step in your pain free path . . .

Economically priced in this small group setting, you will explore alignment imbalances to release discomfort and accelerate progress while enhancing movement. **Two options:**

1. PAIN FREE PLUS

Is musculoskeletal discomfort limiting you in your workouts or activities? Are you tired of dealing with chronic pain? A good deal of the daily aches pains may have postural misalignment as a root cause. If you are ready to tackle pain at its source and get your active life back, this program is for you!

Mondays, 11 a.m. - 12:30 p.m. / January 28 – February 25 (No Class Feb 18)
Four Week Session \$99 JCC Member / \$129 Non Members

2. PAIN FREE PLUS – SOMATIC EXPLORATION

An Introduction to Pain Free Movement Mastery through Somatic Exploration - this unique neuro-somatic approach to movement teaches you how to release the physical manifestations of deeply held tension, painful, and movement patterns. Getting caught in patterns of physical stress, discomfort or limitation, experiencing on and off again bodily pain or fatigue can be a sign of a lost connection with the most optimal way to be in our bodies. The Somatic experience will help you to recover optimal patterns of movement through a deepening awareness of core movement patterns.

Fridays 10 – 11:30 a.m. / January 25 – February 15
Four Week Session \$99 JCC Member / \$129 Non Members

Alan Franzi, MS, C-IAYT, PAS

Alan is a Certified Posture Alignment Specialist(PAS), trained by the Egoscue® Institute with advanced study and practice of Posture Alignment corrective exercise, related neuromuscular based Somatic Movement Education Therapies, and Mindfulness Meditation.

Class is limited to a maximum of 8 participants / held in the Quiet Corner Room
To sign up please contact Alan at alanf@jccnh.org