

INTRO TO SOMATICS

A PAIN FREE PLUS SERIES

Most chronic pain, joint degeneration, and recurring injuries are caused by the way we use our bodies – the way we sit, stand, and move throughout our lives. The more we repeat a certain posture or movement, the more deeply learned that muscular pattern becomes. After a while, our patterns become so deeply learned that we don't even have to think about them. Sometimes, we learn patterns that damage our bodies—like sitting hunched over at a computer and **the only way to change these deeply learned muscular patterns is to re-educate the nervous system.**

Somatics movement engages the nervous system in an active learning process that consists of very slow, focused, conscious movements. The movement techniques used **teach the nervous system how to release chronic muscle tension and stand and move in natural, efficient ways so that you aren't putting yourself in pain or doing damage to your body.**

FOUR WEEK SESSION: NOV 25 – DEC 16

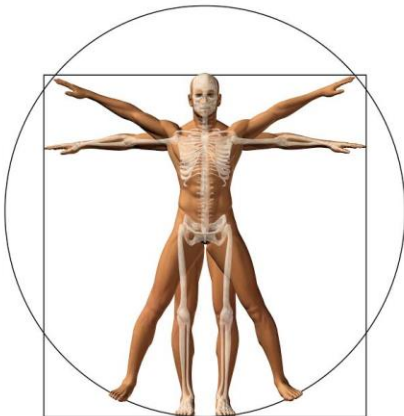
MONDAYS, AT 11:15AM – 12:30PM

\$99 JCC member / \$129 non-mbr

Class is limited to a maximum of 8 participants

held in the Wellness Center Quiet Corner Rm

for more information, or to register contact alanf@jccnh.org



Alan Franzi, MS, C-IAYT, PAS

With over 25 years' experience, Alan is a Certified Posture Alignment Specialist (PAS) trained by the Egoscue™ Institute, an IAYT certified Yoga Therapist teaching Yoga Therapy in the New Haven and Shoreline area. His teaching draws on his continuing advanced study in Mindfulness Meditation and Stress Management Techniques to help people achieve their optimal wellbeing and live a pain free life.