

An Introduction to Somatic Movements

- Do you suffer from sciatica, chronic pain in your back, hips, knees feet, shoulders or neck that never quite goes away?
- Are you worried about your posture?
- Less flexible than you used to be?
- Tried everything but only get short term relief?

Somatic Movements teach you how to relax muscles that are held in a constantly contracted state and which pull you out of shape, keep you in pain and reduce your balance, flexibility and mobility.

A **FREE** Introduction to Somatic Movements at Newbold Comyn Leisure Centre from 1:30 – 3:30pm on Tuesday September 10th

Attend this course and then join the weekly Wednesday morning hour class, 11:00 – 12:00pm

Contact me by phone or email to reserve a place.
Numbers are strictly limited

Purely Somatics

If you can sense it and feel it you can change it



Call Martin Blows on 07779 802896
Web: www.purelysomatics.com
Email: purelysomatics@gmail.com



About Somatic Movement Exercises

Somatic Movements are done slowly and gently. There is no stretching and you work entirely within your comfort zone. You are taught how to contract a muscle so that you can feel it, and then to slowly release it to rest. Forget the idea that there is no gain without pain. With somatics 'Less is More!'

Why is Somatics different?

The word Soma means the body from within. Somatics puts you in control of your body as you learn to sense muscles you have forgotten about or lost contact with. It's all about the brain muscle connection. It's our brain that sets our muscle length so we must re-educate our brain to let go and re-set the muscle length.

What do I need to bring?

Bring a yoga mat if you have one or you can borrow one from the centre. Wear loose clothing that will enable you to move freely without restriction; jogging bottoms, leggings, T shirts, bare feet or socks.

How can I find out more about Somatics?

Visit my website to find more about Somatic Education; read about the Somatic Reflexes, try some movements and see which conditions somatics can help. Or just give me a call

Deceptively simple, Somatics had given me back control over the aches and pains I have suffered for many years.

I found Somatics effective and natural. I have noticed an improvement in my suppleness and a reduction in backache in the one spot that has niggled for years.

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