

Hanna Somatics

When: Wednesdays

5/10—5/17 Code: 4444.268

6/14—6/21 Code: 4444.269

7/12—7/19 Code: 4444.270

8/9—8/16 Code: 4444.271

9/13—9/20 Code: 4444.272

*First Class is "Introduction" From 6:30 – 8:00 pm

*Second Class is Normal Class 6:30 – 8:30 pm

Please bring an exercise mat.

Cost: \$35 for 2 Classes

Location: Rusch Park, Room 4



Hanna Somatic Movement Exercise is a slow, gentle & restorative set of movements designed for those who suffer from chronic pain due to long established patterns of habitual misuse to certain areas of the body. These moves are easy to learn & safe to do in the comfort of your own home and provides ways for each person to unlock their own specific pattern of tight and stiff muscles. Learn how to have pain-free days. All physical body capacities are welcome. Movements will be done on the floor or a chair.

For more information contact Kelly France @ (916) 725-8843



Register Online >

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Citrus Heights, CA 95610

(916) 725-1585

(916) 725-2541 fax

www.sunriseparks.com

Register on line or in person at our office
See Reverse side for registration and waiver

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