

NEW CLASS!!

MOVE TO RELEASE

Exploring ways to move with ease...

This is a new class, designed and run by Dana Bregman, Physiotherapist and Myofascial Release specialist, held at the Clarisa Ayllon Studio.

The class will incorporate the various concepts of stretching and releasing soft tissues to enable the body not only to feel light and supple but also to minimise discomfort and promote well being

You will learn to understand the principles of releasing so that you make every stretch - just what your body needs!

You will also be supported each week in personalising a specific stretch for you to do at home.

This class is suitable for anyone regardless of condition, but please speak to Dana if you have concerns, or if you are experiencing acute pain.



TUESDAYS 10.30-11.45am

ONGOING

**Clarisa Ayllon Studio, Beauforts,
Englefield Green, TW20 0DW**

£90 for 6 weeks

*For further information, or to secure your place, contact Dana directly via email **danabregman@gmail.com** or visit the website **www.danabregman.com***