

Hanna Somatic Movement



5 week introduction beginning April 17
Wednesdays, 6:15 to 7:15 PM
at LotusVoice

Learn a series of gentle movements to relax tight muscles
reduce pain, improve posture, increase performance

\$60 for 5 weeks, April 17 to May 15, 6:15 to 7:15pm
space is limited to 10 participants
sign up at: phil.howard@zoho.com or (517) 275-2388

LotusVoice, 4994 Park Lake Rd (just off Grand River)
East Lansing, MI 48823

Instructor: Phil Howard
More info at: philhoward.net/somatics