

BIOENERGETICS



With so much emphasis on the mind in our time, it feels reassuring and necessary to let down, lower the centre of gravity and feel closer to the earth.
When we are grounded physically, it follows that we will be grounded emotionally.
Give yourself the privilege of coming home to your body with bioenergetics exercises.

Awakening From Within

A movement group to help connect body and mind for people who have experienced trauma or chronic stress

Space is limited – Call or Email to Register

Wednesdays:

July 05, 12, 19, 26 & Aug 02

11:00 am – 12:30 pm

60 West Dr. Brampton

(Second Floor | Large Room)

**If you would like to experience more energy flowing through your body in a supportive environment – register today by contacting Margaret:
at 905-897-1644 x209 or @: mczach@cfspd.com**

**You can bring your own: yoga mat, blanket or towel,
What to wear: comfortable, loose fitting clothes**