

PD CLUBHOUSE *presents* Embodied Movement

Saturday, January 27th

1 - 3pm

Come explore the movement and healing possibilities by moving to fun, inspiring music and connecting with gentle, mindful movements.



Embodied Movement is a hybrid movement class of the Nia Technique and Hanna Somatics. Nia is a practice where we will move to music designed to energize you, enliven your well-being, and encourage you to keep moving. Hanna Somatics is a gentle movement practice designed to release muscle tension and ease joint pain effectively reducing stress, injury and movement limitations.

This will be an introduction to a new class series coming soon: **Embodied Movement!**

Presented by Sarah Nickerson & Christine Curran

This event is free and open to everyone in the Parkinson's community.

POP Santa Fe
2019 Galisteo St., Suite B2