

Move with Ease

Centre to Periphery



Essential Somatic Movement 2 Day Course

with Jahna Clark

26th & 27th October 2019

Grenoside Community Hall
Sheffield, S35 8PR

A 2 day Essential Somatic Movement Workshop

- Day 1: Freeing the Neck & Shoulders
- Day 2: Freeing the Lower back, Hips & Legs

The focus of this workshop will be on exploring the connection between the centre of the body and the periphery. When we unconsciously hold muscle tension in the centre (back, front & sides) of the body, our ability to move freely in the neck, shoulders, hips & legs becomes restricted. And over time, this contributes to tightness, stiffness and pain in these areas.

Over the course of these two days we'll explore safe, slow ***Essential Somatic Movements*** that will allow you to gently release your OWN muscle tension from the centre to periphery.

As you learn how to relax and lengthen your muscles (without force or stretching) a greater sense of spaciousness, ease, relaxation, suppleness and freedom from within is revealed.

Features of this workshop

- Understand the brain to muscle connection - the vital missing link
- Discover the way all humans adapt to stress and how it creates full body patterns of contraction within the body
- Explore the connection between the neck & shoulders and the entire spine
- Integrate the centre of the body with the hips and legs for greater balance and fluid walking

The Tutor : Jahna Clark

Jahna is passionate about guiding people to release their own chronic muscle tension through slow, gentle neuromuscular movements. As a ***Certified Clinical Somatic Educator*** (CCSE) she has worked with hundreds of people and witnessed their ability to begin to move freely without stiffness or pain and reconnect to a deeper sense of ease and freedom from within.

She incorporates Somatic Movements into her Yoga teachings and offers Essential Somatic classes, workshops and clinical sessions.

Her gratitude runs deep for all her teachers and she has been particularly nourished by the teachings of Clinical Somatic Educator **Martha Peterson** and Yoga Teachers **Donna Farhi** and **Dr Richard Miller**.

Her background also includes working in the past as a Clinical Psychologist for over 20 years.

Her deepest desire in teaching is to provide a space where we can come home to ourselves, with a deep sense of connection not only to self but to each other and the world around us.

What to bring

Yoga mat, blanket, notebook & pens, your own lunch.

Also bocks / cushion / bolster for an elevated sitting position.

Who this course is for

This workshop is suitable for all and offers lifelong skills for self-care and functional movements. It is invaluable to students who have experienced accidents, surgeries, injuries and ongoing stress (emotional, mental, physical).

Costs

The fee for this course is £170.00.

To reserve a place, please fill in the booking form overleaf and return it with either the full payment or a deposit of £70.00.

- Cheques are payable to '**SYS Courses**'
- Send to 16 Robertson Drive, Sheffield. S6 5DY
- Contact us if you prefer to pay by bank transfer.

Places are limited to 18 people.

Details

- Venue : Grenoside Community Hall, Sheffield S35 8PR
- Saturdays 10.00am – 5.00pm. Sundays 10.00am – 4.00pm
- More details on our website : www.sheffieldyogaschool.co.uk

BOOKING FORM

Name :

Address :

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Post code :

Telephone :

Email :

Deposit : £70.00 ☐ Full amount : £170.00 ☐

(Balance due before 15th September 2019)

Please return this form to

Sheffield Yoga School
16 Robertson Drive,
Sheffield. S6 5DY

For further details

- Email : info@sheffieldyogaschool.co.uk
- Tel : 0114 2338340
- Contact us for BACS payments

This course is limited to 18 people, early booking recommended.