



Somatics Workshop: Restoring Back, Neck & Shoulder Comfort



PROGRAM: This experiential workshop will relax muscle tension that causes stiffness, aches and pain. You will be lying on the floor as you explore slow, simple, mindful movements. No stretching or force is involved. No experience necessary. By the end of this workshop, you will move with greater comfort and ease, and you will feel relaxed. You will also have a brief movement practice to maintain comfort on your own. Note: Dress comfortably. To learn more about Somatics, visit Noreen's website: owensomatics.com.

INSTRUCTOR: Noreen is a **Certified Hanna Somatic Educator** and author of *Where Comfort Hides*, a simple instructional book that teaches how to relieve and prevent physical pain. Noreen was trained at and graduated from a three-year program at the Somatic Systems Institute in Northampton, Massachusetts. She also holds a Master's Degree in Education from the University of New Hampshire.

WHAT TO BRING: Water, Yoga Mat (we have extra if you do not have one), Comfortable clothes. *Do not eat a large meal before class as we will be laying on the floor.

LOCATION: Exeter Parks & Recreation Building, Upstairs Large Room 32 Court St, Exeter, NH

FEE: Register at the Exeter Recreation Department office prior to the class. Registrations will not be accepted the evening of the class. Please make your check payable to: E.P.R.D. Visa, MasterCard, Discover Apple and Google pay accepted. Sorry, no refunds unless the class is cancelled. There is a \$20.00 fee charged for each returned check. Min: 8 participants. Max: 12 participants.

REGISTRATION: Open to residents and non-residents ages (18+) on a first-come, first-service bases. Registration Deadline: Wednesday, March 22, 2023 or until the program is full.

Date: Saturday, March 25, 2023	10:00AM-12:00PM	\$45/person
---------------------------------------	------------------------	--------------------

EXETER PARKS & RECREATION DEPARTMENT

32 Court Street, Exeter, NH 03833

Phone: (603) 773-6151

Website: www.exeternh.gov

Business Hours: Monday-Friday: 8:15am - 4:15pm