

# Restorative Movement for Improved Performance

## SOMATICS FOR ATHLETICS COURSE

### Learn to move with freedom and ease!

Persistent muscle pain keeping you from performing at your best? Tried everything, and achieved only short-term solutions that don't stick? Clinical Somatics is the key that you've been missing. Come learn how to put that persistent muscle pain to bed *for good*.

**Regain your top game with Essential Somatics.**

### This course is for every ATHLETE

If you are an athlete, fitness instructor, or want to improve your ability and performance, you too can discover:

- How to bounce back from muscle injuries that would otherwise keep you out of the game
- How to apply Somatic Movements to your daily routine, helping to restore muscle functionality, movement, and strength
- A daily regimen of movements that, when practiced regularly, will relieve chronic pain and maintain freedom of movement for the long-term, regardless of what muscular stresses or injuries you may incur.

To register and learn more visit:

**[www.essentialsonatics.com](http://www.essentialsonatics.com)**

York Railway Institute  
2nd Floor, 22 Queen St.,  
York, YO24 1AD  
Feb. 17-18, 2018 | 9am-6pm

### Martha Peterson, CHSE

Martha is the founder of Essential Somatics® and the author of *Move Without Pain*. She is a graduate of Somatic Systems Institute. Her teaching comes through the lineage of Marilyn Warnock and Karen Hewitt, students of Thomas Hanna, PhD.



### Karyn Clark, CCSE

Karyn is a teacher-in-training with Essential Somatics and the owner of Evolve Life Somatics in Letchworth, Hertfordshire. She qualified with Essential Somatics as a Certified Clinical Somatic Educator in 2016. She is also a McTimoney Chiropractor and a fully qualified personal trainer.

Price: **\$425**  
Early Bird: **\$375**

Early bird price available  
until Jan. 2, 2018.