SOMATIC SANCTUARY

# Join us in welcoming Lilian Jarvis:
## Founder of Somatic Stretch®, the Jarvis Technique
*a pioneer of somatic movement and healing*

### Monday Mar. 25th • 5–7 pm $35

*Conversation and intro class: "What is Somatics and Why?"*

How working with the inside is different from working with the outside and why you need to know the difference.

### Friday March 29th • 2–4 pm $35

*Intro class: Somatic Stretch® and Posture*

Learn foundational exercises to support your body from 'the way it is' to 'the way you want it to be'.

A short video program can be purchased online to help you continue the ongoing work afterward.

### Monday April 1st • 5–7 pm $35

*Intro class: "StressReleaser® Workshop"*

Explore deeper stretch using this great travel companion for home or office to relieve aches and pains.

Lilian has been a leader in the Somatic field since her days in the National Ballet of Canada in the 60's, that further culminated in pioneering her own method of keeping the body fit, called Somatic Stretch®. Co-director of the Somatic Stretch International Training Program, she continues to help those who wish to work with their own bodies, as well as instructing teachers certifying in her method. At 88 years young, Lilian continues to offer classes and inspiration, wherever she goes.

***Bundle offer: all three classes for $95**

*** RSVP recommended** • discount to Seniors/Practitioners/PWYC

To register, go to www.somaticsanctuary.com or call +1.805.633.9230

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