

# Somatic Movement

based on the teachings of  
Thomas Hanna and taught  
by David Thomas.

Through these slow,  
gentle movements learn  
how to help yourself move  
and live more comfortably  
by retraining your brain  
and body.

Encourage your body to  
move as it was meant to  
move!

*Information and Registration*  
[www.vitalhealthyoga.com](http://www.vitalhealthyoga.com)

Go to  
website for  
information  
on trial  
classes  
week of  
January  
9th.

Tuesdays  
10:00-11:15  
Bishop Hall  
Greenwich

Wednesdays  
5:30-6:45  
Studio in  
Wolfville

Thursdays  
10:00-11:15  
Bishop Hall  
Greenwich

Thursdays  
5:30-6:45  
69 Cedar St.  
Windsor

