**![C:\Users\Steve\AppData\Local\Microsoft\Windows\INetCache\IE\1EAIHMEC\Deus-alegria-da-minha-juventude[1].jpg]()**

**Wellington Somatic Movement**

**For greater movement and less pain.**

Do you want to **move with** **more ease**?

Would you like to feel **less pain**?

Do you want to have **better posture**?

Would you like to **reduce your stress**?

Somatic Movements are **very gentle** and may have profound results.

Somatic Movement enables regaining conscious control of muscles which result in living with greater ranges of movements and with less pain.

Every**body** and all ages welcome.

**Mondays 6-7 Princess Royal Sports Complex.**

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