

Coming To Your Body Senses

an Introduction to Somatic Movement



Janet Kaylo MA, CMA, RSMT, SrDMP

*International Master Teacher in
Movement Analysis, Somatic
Movement Therapy/Education, and
Dance/Movement Psychotherapy*

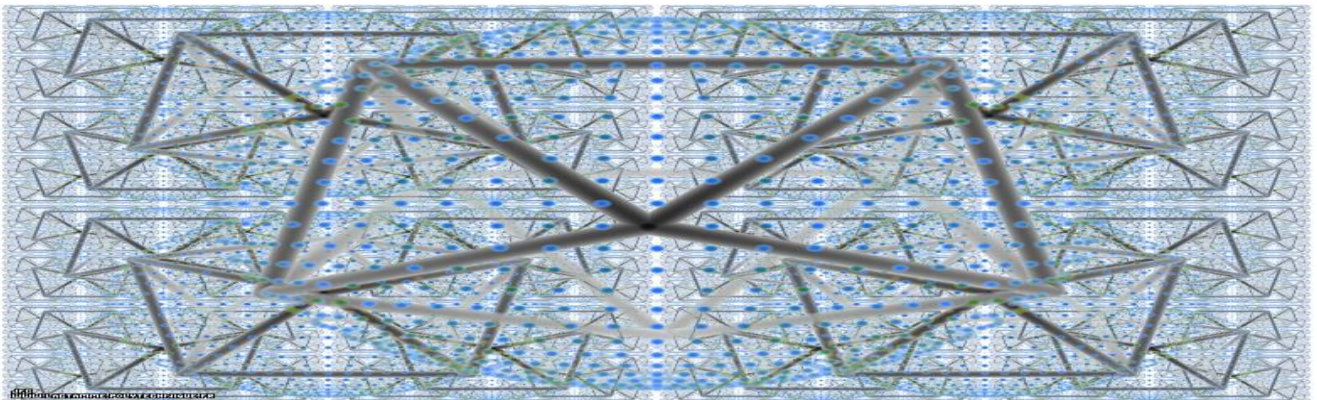
Enhance your ability to move from your
Inner Source of Motivation and Vitality
to Outer Movement Mastery

Discover the embodied spirals and triangular
support that are within you



March 21 • April 11 • April 25

Saturdays 3:30-5:30 pm



Island Yoga - Hilton Head SC
1012 Wm. Hilton Pkwy
(843) 816-0604

Fee \$20 per session or \$45 for all 3
PayPal: jkaylo@labancan.org
Or cash/check at door

Loose-fitting Clothing and Bare Feet
No Experience Necessary