



Challenge through  
Sport Initiative



Active  
Lancashire



**FREE ACTIVITY**

# Somatic Dance Fitness



DAY

**THURSDAYS**

TIME

**1.00 - 1.45pm**

ADDRESS

Stanleys community centre  
79-83 Stanley Rd, Heysham, Morecambe LA3 1UT

CONTACT

Christine, 01772 452 361  
christine@saytwo.co.uk

**TRY SOMETHING NEW THIS WEEK AND GET INVOLVED!**

Come along and connect with others and your community. Take part and learn new skills. You don't need to bring anything with you.

[activelancashire.org.uk](http://activelancashire.org.uk)



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SAY TWO Productions  
Community Interest Company

# What is...

# Somatic Dance Fitness



'Soma Movement' aims to develop sensual acuity and whole body experience. The connection between mind, breathing, and emotions. The sessions explore space, heightened awareness, how we move our bodies through space supported by inner rhythm shared experiences.

You can create a vibration in your body with bhamari breath exhaling on a humming sound. The technique has been shown to create bursts of gamma waves associated with better concentration, improved memory, and increased well-being and creativity.

We practice and teach these methods in our sessions which are suitable for any age or ability.

## Why dance to music is an ideal fitness activity

Better Brain Health

Builds core strength and improves flexibility

Minimized Stress and Reduced Depression

Weight Loss

Increased Energy and stamina

Improved Cardiovascular Health

Better Coordination Strength & Balance

45 minute sessions including clinical nutritional perspective coaching

Ideal for those suffering from muscular skeletal concerns, anxiety and depressions or those wishing to improve overall health and wellbeing.

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