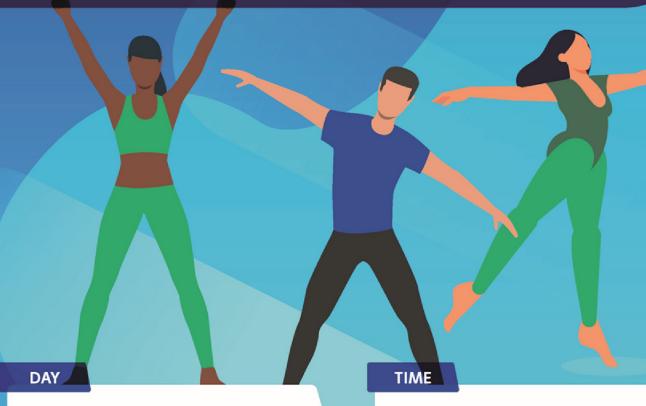






FREE ACTIVITY

Somatic Dance Fitness



THURSDAYS

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.

activelan cashire.org.uk

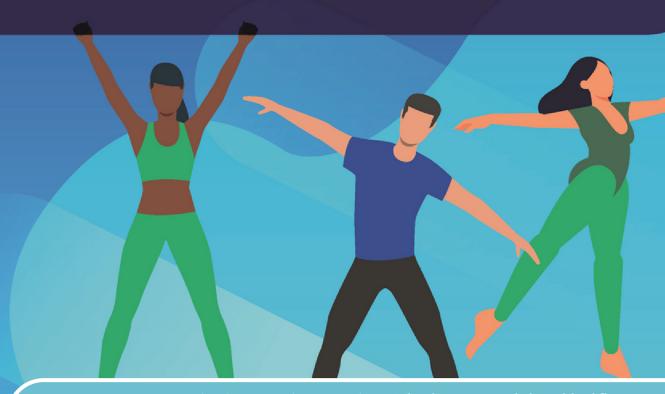






What is...

Somatic Dance Fitness



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 bhramari 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 flexibilit
Minimized Stress and Reduced Depression
Weight Loss
Increased Energy and stamina
Improved Cardiovascular Health
Better Coordination Strength & Balance

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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