

CONNECTING AWARENESS & MOVEMENT



SYNTONICS is a practice that invites us into a more responsive and healthy state of being. **SYNTONICS** is eclectic and engaging. It blends movement, lengthening postures, body awareness training as well as curious and playful exploration about one's body and how it lives. It is appropriate for all ages and athletic abilities.

Some foundational principles of **SYNTONICS** include :

- freeing the breathing
- finding more efficient posture
- lengthening tight muscles
- re-educating the body to achieve more ease in all activities

The benefits of **SYNTONICS** :

- reduction in overall tension and pain
- greater ease of movement, flexibility and athletic performance
- increased energy and reduced susceptibility to injury

FREE INTRODUCTION

Find out how to connect awareness and movement through the practice of Syntonics.

Wednesday, September 2 | 8 pm to 9:15 pm

Wednesday, September 9 | 8 pm to 9:15 pm

Friday, September 11 | 7:15 pm to 8:30 pm

All introductory sessions will be held at The Yoga Studio, located at 37776 2nd Ave. (Second Floor) Squamish, BC.

FOR MORE INFORMATION CONTACT KATHRYN
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Kathryn Weiler has been studying therapeutic movement for 18 years. She began her work in Syntonics in 1999. Her primary interest is in how to bring more ease and efficiency into all activities from sitting to standing, to skiing to dancing.

SYNTONICS

