

BARBARA ROSE / **ROSE WELLNESS NETWORK** presents
Connecting Moves at YOGA HAVEN

FACILITATOR: Barbara ROSE

Contact Info: Rose@RoseWellnessNetwork.com

Cell: 865-368-6828



“Connecting Moves” a low impact movement program: Reinvent Yourself Consciously!

Barbara Rose created “**Connecting Moves**” to move beyond one’s baseline. Move and shift into a relaxed, focused, and awakened state. New neural pathways are created and brain hemispheres are synchronized when one moves in new ways, especially 3-D movement. There is a correlation between movement and brain function. A greater state of integrated well-being can be embodied, endorphins and other healing chemicals can be released, as you lengthen & strengthen the muscles. You are a dynamic being, always reinventing self. Shift Consciously using movement and declarations- *Connecting Moves*!

Class Details

- All classes meet at Yoga Haven
- Classes will be offered as a series.
- Each class is a module and each module can stand alone.
- **Free Intro- Connecting Moves: Monday, April 26th, 1-2:15 pm**
- **6-week Series: Mon. 1-2:15 pm, May 17, 24; June 7, 14, 21, & 28.**
- **Discount if you pre-register and pay for the series by Monday, April 19th. Please write check to: BarbaraRose, \$60/person-series. Drop-in Fee= \$15/class, if space.**