

Elastic and energized, a healthy body container defines your outside boundary, keeps your insides safe and nourished. And it's unique to you! Third in a series exploring bottom-up wellness, we'll be using hands-on contact, restful play, and movement to invite learning.

Thriving in Your Container

Sunday 10 July

1:00 pm – 3:00 pm

at **Claremont Yoga**

in the Village at 204 N. Yale Ave. (at Second)
on 2nd floor, stairs access only



Reserve your spot at www.claremontyoga.com
or contact Suzanne at 909.239.8313. Class is \$25.

**Experience a bodyworker's twist on shaping your yoga
practice, and unfolding into life.**



Suzanne Snijder van Wissenkerke, CA Certified Massage Practitioner, SEP, brings 20 years of hands-on experience to her integrative bodywork practice, where she works with clients seeking greater ease in moving and connecting, and relief from overwhelm of pain and traumatic stress. Healing sessions infused with child-like playfulness incorporate structural balancing, manual therapy, Somatic Experiencing® into creative “not knowing” improvisation. A musician, succulent gardener, wife and mother, Suzanne blogs at <http://www.integrativebodyworkClaremont.com>.