

Second in a series exploring "bottom-up wellness", this class embraces **Shoulders**, in context of the whole body. We'll be using hands-on contact and movement, so learning – expanding perception – can happen from inside.

Head, Shoulders, Knees & Toes

Sunday 22 May, 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



SPACE IS LIMITED! 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.

Free-Range Shoulders: *Go Where They Wish.*

Should: *Might We Invite "Can" and "May" into Alignment?*

No Shoulder Is An Island: *Amiable Conversation with Neighbors.*

Lean on Me: *Comfort, Defend; Contain, Connect.*

Shoulder Rest: *Enjoy Support from Below.*



Suzanne Snijder van Wissenkerke, CNMT, 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>.