



## Workshop

### **Taking weight off my shoulders and expressing from my heart**

Shoulders, neck and chest are areas that are often tense, held, or compressed when we are under pressure.

This workshop offers a chance to reduce unnecessary efforts in these areas, literally take weight off your shoulders and open the whole area of your chest to allow relaxation and expression from your heart rather than from your head. A good way to approach Christmas; present and with an open heart.

The three-hour workshop includes various types of bodywork from simple gymnastic like movements, more refined body awareness exercises to movement with music to warm our hearts and let go of tensions.

**Tempted to join? You are most welcome!**

**SATURDAY 7th December 2013**

***From 10 a.m. to 1 p.m. at 7, Place des  
Augustins, 1205 Genève***

Frs. 40, students Frs. 30

For enrolments: [rits@infomaniak.ch](mailto:rits@infomaniak.ch) or 078 719 27 11