

# Two Winter Movement Classes

## Saturday December 1, 2018 and Saturday January 5, 2019

Caryn McHose  
Resources in Movement  
Holderness, NH

Schedule for Each Class  
9:30—11:30 Layering of Elements  
12--1 Integrative Movement Time

These two classes are opportunities to open our capacity to feel space and expansion in our bodies and find greater ease in movement. We will explore resources that allow us to feel the support through our body's gravity response: we offer our bodies information that's nourishing--ground and sky.

- Pre-movement changes movement. Perception is how we change pre-movement
- Movement that begins with the perception of bidirectionality expresses elongation and reduction of effort
- We will move across a spectrum of dynamic range: from strong to subtle internal awareness

For information: Contact Caryn McHose at 603 968 9585 or [carynmchose@gmail.com](mailto:carynmchose@gmail.com)

To register: Send check for \$45 for morning or \$55 for morning and afternoon. for each class in which you wish to enroll.

Please register and send payment by November 24<sup>th</sup> for the December 1<sup>th</sup> class and by December 28<sup>th</sup> for the January 5<sup>th</sup> class

Checks should be made out to Caryn McHose and sent to: Caryn McHose, 5 Franks Ln, Holderness, NH 03245

