

# Early Spring Movement Class

## Saturday April 13, 2019

Caryn McHose  
Resources in Movement  
Holderness, NH

### Schedule for Class

9:30—11:30 Layering of Elements  
12--1 Integrative Movement Time

This class is an opportunity 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. to enroll.

Please register and send payment by March 30th

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

