

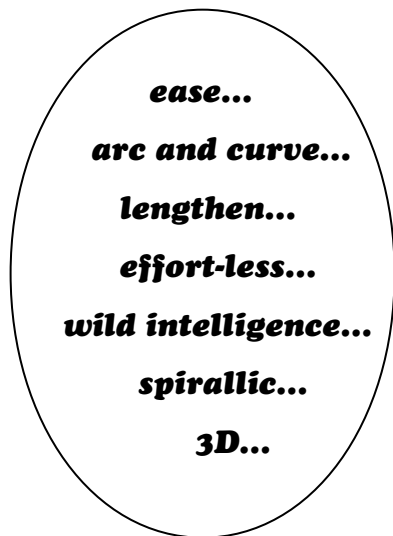
Somatic Movement Education (SME) Class Series:

‘Oceans Within’ May 2014- ‘Creature Motion: Muscular System’

How do we listen to and foster our **bodily intelligence**?

What are our **movement options**?

Where do **curiosity** and **dynamic tension** take us?



These experiential classes will introduce and explore:

- Awareness and Movement of the Muscular System
- *Supporting Pre-Vertebrate / Vertebrate Patterns*
- Breath, Awareness, Movement, Sound, Touch

3 Sundays, 10 am - 11:15 am

May 4, 11, 18 - \$25

Location:

Ruscombe Mansion – Hill House Community Hall
4803 Yellowwood Avenue
Baltimore, MD 21209

SME supports a holistic understanding of the body and mind,
and can complement or be applied in numerous ways.

All are welcome regardless of experience or ability.

Joel Haines (BFA Dance; Certified Somatic Movement Educator)
has studied Body-Mind Centering, Continuum, Qi-gong,
movement in nature, dance improvisation, and bodywork.

For more information or to register, please contact Joel
at hainesjv@hotmail.com or (586) 850-1697.