



RESTORATIVE MOVEMENT

by Veronica Isla, Master in Therapeutic Movement



This class is designed to:

Support your journey towards healing and well-being, especially if you are managing symptoms of complex Post-Traumatic Stress Disorder (PTSD).



What to Expect:

- Customized sequences tailored to individual needs.
- Use of supports and props to ensure a safe and effective practice.
- Techniques that blend traditional postures with therapeutic methods to enhance your healing process.
- A focus on mindfulness and breathing techniques.



Benefits:

- Alleviates symptoms of chronic pain.
- Reduces distress and anxiety.
- Enhances flexibility and strength.
- Promotes mental clarity, emotional balance, and a sense of inner peace.