

# HELLO! I'M MONICA



Monica Wearren is a somatic (movement) therapist with over 25 years experience in health, wellness, and adult education.

My work blends:

- somatic/movement/yoga therapy
- guided stretch
- breathwork
- physiotherapy (mobility) training
- nervous system regulation

My framework is **Neuro • Physio • Relational Wellness (NPR)**

Neuro — calm and strengthen the nervous system

Physio — improve mobility and joint health

Relational — reconnect with self, others and surroundings

My intention is to **help restore the capacity your body needs to live real life.**



## GOOD MOVES

### Clinical Stretch Therapy

Breathe deeper.  
Stretch yourself.  
Move freely.

### Build capacity for real life.

Classes  
Personal Training  
Studio Sessions

750 Veterans Way | Suite 101

Carmel, IN 46032

317 360 0838



with  
Monica Wearren, MHA RYT200 CPT



[WWW.GOODMOVESEVERYBODY.COM](http://WWW.GOODMOVESEVERYBODY.COM)

## CLASSES

Join me for a guided stretch and mobility class...I teach online & throughout Indianapolis. Each class is designed to improve your range of motion and reduce tightness/tension.

### ONLINE (free)

Sundays @ 8:00am - Breathe

### AT VASA (\$)

Mondays

5:30pm - Deep Stretch (Castleton)

7:00pm - Restore (Castleton)

Tuesdays

9:30am - Deep Stretch (Beech Grove)

Thursdays

10:30am - Deep Stretch (Eagle Creek)

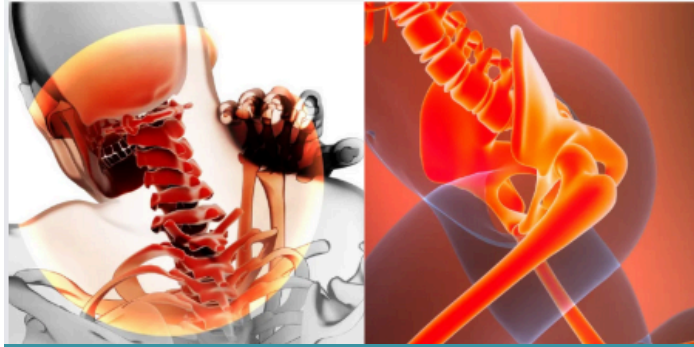
### IN THE COMMUNITY (free)

Mondays @ 1:00pm

Light of the World Christian Church

Thursdays @ Noon

CenterWell Senior Primary Care  
(Lafayette Rd)



## PERSONAL & SMALL GROUP TRAINING

### ORTHOINDY FOUNDATION YMCA

30-min personal training and 60-min small group sessions help people improve mobility, strength, and confidence in how their bodies move.

The sessions progress through a practical 6-week training cycle that builds your body's capacity step-by-step. Participants experience:

- Guided stretch and mobility work
- Mindfulness breathwork
- Range of motion assessments
- Strength for joint stability
- Small group mobility training

Sessions take place at OrthoIndy Foundation YMCA on Sundays, Tuesdays and Thursdays.

### NEXT CYCLE BEGINS APRIL 6!

Call/text for more information or to register!

## LITTLE BREATHING ROOM (STUDIO)

Mind body and spirit move together in this small retreat-like studio space. It is your nervous system's gym for mindful stretching, focused mobility work, and room to nurture real healing & capacity.

The studio features Swedish stall walls (ladders) and simple tools that support:

- assisted stretching
- posture and mobility training
- somatic/movement therapy
- breathwork and relaxation



**LITTLE BREATHING ROOM  
AVAILABLE BY APPT  
THURS - SAT**

