

# Unfolding the Body - Freeing the Soul

Through movement, breath, and sound...

- Joyfully connect to your body & experience a greater sense of ease and well-being
- Explore and activate your body's energy centers
- Learn simple exercises to reduce stress and anxiety
- Be more clear and present in your daily life

Sunday, April 17th

1-3pm \$25

Aikido Tamalpais

142 Redwood Ave, Corte Madera



**Karen Hensley, CMT, Certified Breema®** Instructor, is creator of Healing Ventures, a multi-faceted approach combining transformative hands-on bodywork with over 30 years of yoga, dance, and movement, workshops and back-country adventures.



**Rachael Angelese**, practicing healer and massage therapist for 15 years, is owner of the BodySong Massage Center and School for teaching intuitive bodywork. Sound and movement were powerful healing forces in her own journey with cancer three years ago. [www.thebodysong.com](http://www.thebodysong.com)

The **BodySong**  
MASSAGE CENTER

Listening to your body's wisdom for healing

To register contact Karen at 415-927-2648 / [nerakh@comcast.net](mailto:nerakh@comcast.net)  
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