

Santa Fe Soul FOUNDATION



Changing the face of healthcare in New Mexico

Moving With Ease

Moving with Ease is movement for adults. The class focuses on gently and safely moving all the joints of the body. Set to lively up-beat music, the class increases range of motion, balance, and flexibility. Participants experience relaxation, ease of breathing and an overall sense of well-being.

All of us have Body Sense – an internal guidance system that allows us to sense, or become aware of what is happening right now – physical sensations, placement and movement in space, and a range of feelings. Current research is showing that when people increase their Body Sense, aspects of their immune systems are enhanced and they are better able to recruit their own healing resources. Unhurried, mindful movements like those encouraged during Moving with Ease class are an excellent means for further developing Body Sense.

Whether you are resuming movement or want to maintain more vigorous activity, this class will offer a renewed sense of possibility. It is an effective complement to more strenuous exercise, offering preparation and protection for your body, working to help prevent injury.



All are welcome; everyone is successful. Participants should wear loose, comfortable clothing. Yoga mats and blankets are provided.

Meg Gallagher is a Certified Group Exercise Instructor, a Licensed Massage Therapist and a Certified Rosen Method Bodywork Practitioner. Meg is interested in helping her clients become more aware of their own possibilities. She views movement and bodywork as invitations -- invitations to develop ease, relaxation and awareness (developing Body Sense, the internal guidance system).

Tuesday mornings: 8/14, 8/21, 8/28 & 9/4 from 9-10am
Registration Fee: \$20 (some scholarships available)

Santa Fe Soul SunRoom
2905 Rodeo Park Dr East Bldg 3

Call (505) 986-1089 or email sfsfdirector@gmail.com to register for the workshop