



## **January Workshops with Erin Godfrey - Understanding How You Move**

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How you move, how you express yourself physically, is as unique to you as your own individual personality. Erin Godfrey's 10 week series is an exciting opportunity to develop a physical understanding of yourself, how you move and how your chronic movement patterns may dictate why you move the way you do. The classes and exercises are individually crafted to address your specific needs, improve your movement patterns and recover your health. Go to our website [talktouchmove.ca](http://talktouchmove.ca) more for more details and how to register.