

November, 16-21, 2010

Pain Relief/Injury Prevention Workshop with Laura Gates

Company: Peridance Capezio Center

Venue: Peridance Capezio Center

Location: New York, NY

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The workshop will be based in Hanna Somatic Education, a hands on approach to pain-relief and movement developed by Thomas Hanna, PhD. The technique re-calibrates the brain with the muscles to allow you to increase mobility and correct posture imbalances.

Peridance Capezio Center

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<http://www.peridance.com>

Schedule

November 16, 2010: 10:00am

November 20, 2010: 10:00am

November 21, 2010: 10:30am

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