

Bioenergetic Exercise Classes

Fall 2009 schedule

Cambridge, MA

Self-Compassion and Self-Expression:

A series of Bioenergetics Exercise classes

4 consecutive Wednesdays, 6:15–7:15 pm

September 23rd– October 14th

Cambridge Health Associates, 335 Broadway

To register contact Judy Silvan, LICSW, CBT

617-576-3095 or email judysilvan@mac.com

Somerville, MA

Mondays, 7:00-8:15 pm. Ongoing.

Cost: \$12. Drop-in basis.

269 Washington St.

Union Square, Somerville

Led by **Sarah Putnam**. Sarah completed the training in Bioenergetic Analysis, is a certified Muscular Therapist, and is obtaining an M.A. in Counseling at Lesley University.

For more information please call 617-640-7560

E-mail: sarahputnam@netscape.com

Eliot, ME

Tuesdays, 5:30-6:45 p.m. with Susan Kanor, MA, CBT

Call (603) 427-1770 for directions

Cost: \$8. Drop in basis

Nashua, NH

Wednesdays, 7:00 – 8:00 p.m. with Michaela Williams, LICSW

Call (603) 882-7655 for directions

Cost: \$8. Drop in basis

Bioenergetics is a body-oriented psychotherapy which utilizes simple exercises and breathing techniques, aimed at allowing a more natural, spontaneous way of being. Participants often experience an enhanced capacity for self-acceptance and expression of emotions.

These **expressive exercise classes** focus on releasing physical and emotional stress and tension, increasing body awareness, and promoting vitality. The classes emphasize breathing, stretching, grounding, vocalizing, and expressive gestures.

The Massachusetts Society for Bioenergetic Analysis

www.massbioenergetics.org

(617) 876 - 3652

