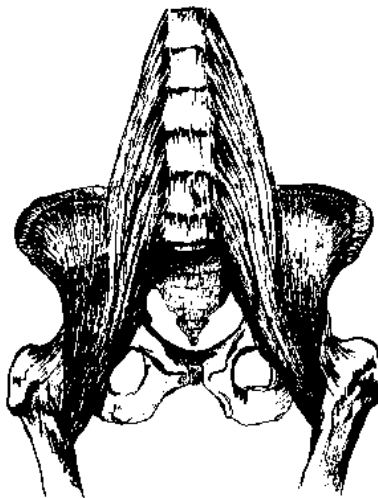


KOM og OPLEV Liz Koch, når hun på foranledning af SOS Huset i Hornsyld, for første gang gæster Danmark.

Hallen i Hornsyld, Nørremarksvvej 3, Hornsyld

The Psoas Muscle & Trauma Resolution
With author-educator Liz Koch

3-Hour Class Exploring The Psoas & Its Relationship To Trauma



Trauma is defined as any short or long term overwhelming experience that ignites the fight/flight survival response without resolution.

Trauma can include but is not limited to prenatal and birth trauma, childhood abuse, neglect, sexual violations, surgery, dental work, accidents, natural disasters, violence, war, torture, all forms of shock and living under the threat of danger.

You will discover the Psoas Muscle is:

- The Messenger of the Central Nervous System
- A Vital Aspect of the Fear Reflex - Flee, Fight and Freeze Response
- A Support for Dynamic Interplay between Organs, Breath & Movement
 - A Part of the Primal Reptilian Brain
- Supple, Responsive Essential For Coherent Expression

Liz Koch is an international somatic educator, and creator of Core Awareness™ focusing on awareness for developing human potential. With 30 years experience working with and specializing in the iliopsoas, she is recognized in the somatic, bodywork and fitness professions as an authority on the core muscle. Liz is a nationally and internationally published writer and the author of *The Psoas Book*, *Unraveling Scoliosis CD*, *Core Awareness; Enhancing Yoga, Pilates, Exercise & Dance*, and her new release *Psoas & Back Pain CD*. Approved by the USA National Certification Board for Therapeutic Massage & Bodywork (NCBTMB), as a continuing education provider, Liz Koch is a member of the International Movement Educators Assoc. (IMA).

Det sker fredag d. 26. juni 2009, kl. 14-17 i Hallen i Hornsyld (www.bhs-hal.dk)

Pris for deltagelse kr. 250,- forudbetales til SOS Huset

Kontakt arrangør og afspændingspædagog, Lene Uttrup fra SOS Huset på telefon: 6138 8924 – tilmelding nødvendig inden d. 19. Juni.

Læs mere på www.soshuset.dk

Jeg glæder mig til at se dig d. 26. Juni!