PIMA COUNTY PUBLIC LIBRARY
powering possibilities

Mind/Body Connection

Bring ease and harmony to your body.

A Creative Approach to Posture

Friday, July 29 • 12pm-1pm

Lower Level Meeting Room

Good posture is available to everyone and brings a simple joy to all the activities we might do in our day, work, sport, conversation, and meditation. Good posture brings ease and harmony to our relationship with gravity, which underlies all that we do.

In this one hour class we will use our natural ability to move, basic anatomy, and kinetic imagery, to discover and experiment with what is good posture. Bring a blanket for soft padding and a notebook and something to write with in case you want to take notes.

Gregory Colburn has a degree in Dance Therapy, certification and 16 years experience in teaching Bikram yoga, and is certified to teach Skinner Releasing Technique.

powering learning

This program is generously funded by the Friends of the Pima County Public Library.