

# CoreAwareness™ with Liz Koch



## 12-Hr Psoas Muscle Workshop

BERLIN Friday & Saturday July 21 & 22, 2017

2-day workshop is open to EVERY-BODY and offers a great way to learn through experience how your Psoas affects skeletal integrity, joint rotation, muscular tension, breathing, emotional expression, and organ functioning. A healthy Psoas facilitates healing, movement, and fitness while reducing over all stress. It is a vital step toward resolving injury and trauma.

The workshop includes:

- ♦ Understanding the function of the Psoas as it applies all aspects of well-being
- ♦ Experiencing practical ways of sensing your own Psoas
- ♦ Exploring the energetic/emotional/spiritual dynamics of the physical core
- ♦ Gaining tools for recovering and maintaining a healthy Psoas
- ♦ Applying concepts to everyday movement i.e. sitting, driving, and walking
- ♦ Discovering applications for Pilates, Yoga, Exercise, Dance, Massage, Bodywork, Movement ...

Liz Koch is an international educator, author, and creator of CoreAwareness™ focusing on awareness for developing human potential. With 40 years experience specializing in the psoas, Liz is recognized in the somatic, bodywork, and fitness professions as an authority on the psoas. Both nationally and internationally published, her works include ***The Psoas Book, Unraveling Scoliosis CD, Core Awareness; Enhancing Yoga, Pilates, Exercise & Dance, Psoas & Back Pain CD and Mother, Maiden, Crone: Our Pleasure Playlist***



Liz Koch is approved by the USA National Certification Board for Therapeutic Massage & Bodywork (NCBTMB), as a continuing education provider.

Location: PHYNIXant, Hasenheide 54, 10967 Berlin Germany

Time: Friday 2:30 pm - 9:00 pm, Saturday 12:30 pm - 7:30 pm

Price: EARLY BIRD \$420.00 USD (373 EUROS). Regular after June 18, 2017 \$522 USD (463 EUROS)

Size: Maximum 20 participants

Recommended Reading: *The Psoas Book*

Contact Liz Koch at [liz@coreawareness.com](mailto:liz@coreawareness.com)

Register Online: [www.coreawareness.com](http://www.coreawareness.com)

Cancellation Policy: All International workshops registrations are final and have no refunds.

[WWW.COREAWARENESS.COM](http://WWW.COREAWARENESS.COM)