

# Finding Freedom

THE MYOFASCIA/PSOAS CONNECTION WITH  
JOAN & CLAIRE MCGREEVY  
6 CPD POINTS

THE BODY IS LIKE A MIRROR TO OUR PAST. THE THOUGHTS AND EMOTIONS OF A LIFETIME ARE STORED IN OUR TISSUES; ALL THE THINGS WE ARE UNWILLING TO PROCESS BECOME REFLECTED IN OUR PHYSICAL BODY. THE MYOFASCIA AND THE PSOAS ACT AS A KEY TO UNLOCK THESE STORED THOUGHTS AND EMOTIONS; RE-INTEGRATING THE BODY AND RESTORING FREEDOM AND FLUIDITY TO OUR MOVEMENTS. WITH THIS IN MIND THE MAIN FOCUS OF THE WORKSHOP WILL BE:

## MYOFASCIA

INTRODUCING MYOFASCIA  
AND ITS ROLE IN MOVEMENT

MYOFASCIA AND  
INTEGRATED MOVEMENT

MYOFASCIA AS A BRIDGE  
TO THE SUBTLE BODY

## PSOAS

EXPLORING THE PSOAS AND  
ITS CONNECTIONS AT OUR  
DEEPEST CORE

WHY THE PSOAS TIGHTENS  
AND LEARNING TO LET GO

STRENGTHENING AND  
WORKING WITH YOUR PSOAS

10TH OCTOBER 2015

VENUE: MOUNT MERRION COMMUNITY CENTRE  
(CHURCH OF ST THIRYSE, THE RISE MOUNT MERRION CO. DUBLIN)

TIME: 9.30 - 4.30

LUNCH: BRING YOUR OWN LUNCH AS THERE ARE NO SHOPS NEARBY.  
TEA/COFFEE AND HOMEMADE SCONES FOR SALE

BOOKING: MONIQUE WALSH ON 087 9033762/[WWW.IYA.IE](http://WWW.IYA.IE)

COST: €60 FOR IYA MEMBERS/€70 FOR NON MEMBERS