Cathie Quesnel received her Hanna Somatic Inspired training with Martha Peterson is a Certified Hanna Somatic Educator and movement expert, and the founder of Essential Somatics®. Sharing her love for somatic exercise is her passion and the best experience is seeing the light come on in a student's eyes when they realize the difference they are making in their mind, body and spirit when they practice.

Cathie is an experienced teacher with well over 1000 hrs of teaching yoga and somatic exercise classes at several wonderful Essex county Yoga & Fitness Studio's. She listens to, or observes the participants and adjusts each class to include everyone, all levels, ages; sizes and shapes are welcome in her classes.

Be ready to laugh, learn and share! Open Your Heart & Open Your Mind.

**Credentials:**
Certified Yoga Teacher (2013)
Certified Yoga Warriors International Teacher (2013)
Certified Somatic Exercise Coach Level 1 (2014)
Certified Somatic Exercise Coach Level 2 (2015)

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**What you will learn in this Workshop**

- You learn what pandiculation is, the three most common trauma reflexes and how to regain your muscle length in a safe and easy process.
- You will learn about your sensory motor system, and the connection pain has to muscle length.
- Learn how to move efficiently and skillfully with the least possible effort.
- Learn how to relieve muscle pain on the cortical level using pandiculation.
- Improve mobility, strength, coordination, and balance at any age.
- This is a whole mind-body experience that moves you towards your best self.
- You will receive materials to bring home to help you maintain a somatic practice that will improve your quality of life from the moment you learn the exercises.

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**Location:** 18 Ainslie Street South, Unit B Cambridge, Ontario
**Date:** January 14 & 15, 2017
**Cost:** $150.00 per student
**Time:** Saturday 12-pm-5pm & Sunday 10 am – 3:00 pm
**Contact:** 519.240.9642 to register
What is Somatic Exercise?

Somatics is a kind of movement therapy that employs “mind-body training” to help with muscle pain, improve balance and posture and increase ease of motion. Somatics essentially teaches that muscular aches and pains are often the result of repressed worries and stress and can be relieved when a person becomes aware of these tensions and releases them.

The philosophy that the body’s sensory-motor system responds to the stresses and traumas of daily life with specific muscular reflexes that become involuntary and habitual. These contractions cause stiffness and soreness and eventually result in a person forgetting how muscles are supposed to feel and how to control them.

The somatic exercise coach attempts to correct this problem by a kind of mind-body re-education exercises where a person is taught how to recognize, release and change their patterns of pain and movement.

Somatics exercise incorporates a form of neuromuscular education known as pandiculation. “Pandiculation is the use of slowly performed, structured, full body elongations and contractions of the muscles, which help the mind become aware of and gain control over the movement of the body.”

Somatic Exercise can help with a variety of complaints such as arthritis, back pain, balance problems, dislocated joints, sciatica foot pain, even frequent urination, headaches and obesity.

Somatic education is also taught to combat the decreased ease of motion associated with aging.

Below is a sample workshop schedule

<table>
<thead>
<tr>
<th>WORKSHOP SCHEDULE</th>
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<tbody>
<tr>
<td>Saturday - 12:00 - 1:00 pm</td>
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<tr>
<td>Lecture</td>
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<tr>
<td>1:15am - 2:00pm</td>
<td>Somatic Movement Series 1 &amp; 2</td>
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<tr>
<td>2:30 pm - 3:30 pm</td>
<td>Somatic Movement Series 3 &amp; 4</td>
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<tr>
<td>3:30 pm - 4:30 pm</td>
<td>Somatic Movement Series 5 &amp; 6</td>
</tr>
<tr>
<td>Sunday - 10:00 am - 11:00 am</td>
<td>Somatic Movement Series 7 &amp; 8</td>
</tr>
<tr>
<td>11:15 pm - 12:15 pm</td>
<td>Somatic Movement Cat Stretch</td>
</tr>
<tr>
<td>12:30 – 1:30 pm</td>
<td>Questions &amp; Review</td>
</tr>
<tr>
<td>2:00 – 3:00 pm</td>
<td>Somatic Exercise Movement Class</td>
</tr>
</tbody>
</table>

Group Classes are taught very similar to a yoga class and are done lying down.
In this workshop, the exercises are done on your back, side, stomach and at times in a sitting position.
They are accessible to everyone and do not involve kneeling, standing or downward dog.
People recovering from injuries are welcome as we work within their pain limit, never push thru pain it is there for a reason.
Results from these exercises are seen immediately and are cumulative.