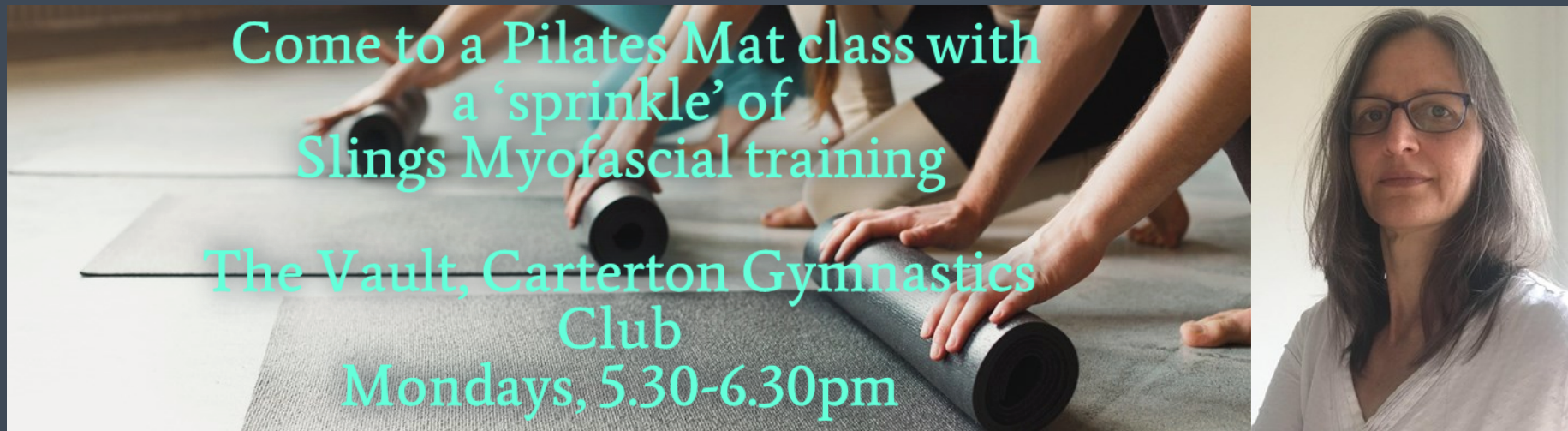




Do you experience persistent pain?
Getting down to and off the floor becoming harder?
Unable to reach up or behind your back?

Wear and tear is inevitable, not always equating to discomfort. We adapt how we move to overcome obstacles.
Poor awareness can lead to strategies that overload parts of the body that can lead to pain or even injury.

My name is Audri and in this class, I will teach key principles of movement to put you back on the driving seat on your journey out of pain and enjoying everyday activity!



'Movement is lotion!'

Contact Audri directly on 07741 182858 | info@BirchTreeMassageAndMovement.co.uk

Fully insured • First Aid • SMA • CHP • CHNP