

NEWS RELEASE



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Touchmark offers new Gentle Somatic Yoga class

FARGO, N.D. — Beginning July 12, the Touchmark Health & Fitness Club is offering the opportunity to experience the overall mind and body benefits of Gentle Somatic Yoga. According to its developer, Thomas Hanna, the theory behind the success of Gentle Somatic Yoga is, “The slower you go, the more your brain teaches your body.”

Certified yoga instructor Lori Hill will teach the classes, which will be held Tuesdays and Thursdays on July 12, 14, 19, 21, 26 and 28. Classes start at 8:30 a.m. and are held at 1200 Harwood Drive S. The fee for the six-class series is \$60. To register, please call 701-526-1055.

Hill says participating in this form of yoga offers many benefits. “Somatic Yoga is about becoming more aware of the feeling and sensation of the movements. We really look at the global aspects of body communication,” she said.

Gentle Somatic Yoga is designed to increase awareness of the way you move and identify habitual dysfunctional movement patterns. Participants in the classes will experience a slow, progressive awakening of the muscles while focusing on releasing overworked, tight and contracted muscles. Participants will also learn exercises to help relieve tension in the neck, shoulders, upper back, lower back and hips. The exercises are designed to improve balance and coordination, while relieving pain.

“I want people to feel better when they leave class than they did when they started,” said Hill, who will complete her certification in Gentle Somatic Yoga in early July. “I want to help people experience new types of exercises. Not every exercise class or yoga class resonates with everybody. I want to help people find exercise that is appropriate for them.”

Other benefits of Gentle Somatic Yoga include increased mental clarity and focused thinking, reduced fatigue and improved sleep, improved reaction time and an improved range of motion.

“Somatics are exercises or movements unto themselves. They serve as great preparation for the more traditional yoga poses,” said Hill. “Somatics teaches you to become more aware of the sensations in your body so you can do your yoga pose with the most stability and in the most efficient manner.”

About Touchmark Health & Fitness Club

The Touchmark Health & Fitness Club serves people 40-plus years and offers a range of classes, personal training and a heated indoor pool. For more information, visit Touchmark.com.

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TOUCHMARK HEALTH & FITNESS CLUB

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