

# **NATURAL SOMATICS Denise Barnett**

Somatic Movement Education is a leading edge system of mind-body training and neuro-muscular reprogramming.

Somatics is an approach to holistic health and wellbeing grounded in science.

Using specialised movements and awareness you learn how to enhance your brain and create new neural pathways – whatever your age or current physical condition.

[www.naturalsomatics.com](http://www.naturalsomatics.com)