

Workshop Location:  
MOVE Studios  
40 S. Broadway, #201  
Denver, CO. 80209



Pamela Benison, MA, specializes in mindbody psychotherapy. She has successfully treated patients with pain through mastery of emotions, reactions to stress, and teaches techniques to soothe the nervous system. She has been in private practice 34 years.



Lindsey Hanahan is a certified Laban/Bartenief Movement Analyst, Registered Somatic Movement Therapist and Pilates instructor with a BA in Dance and a Graduate Certification in Movement Studies. She maintains collaborative relationships with multiple medical professionals and consults with them when helping to resolve pain issues of her clients.

## **“LIFE” “Look Inside For Everything”** **LIFE Support Workshop for Pelvic/Chronic Pain Recovery**

### **The Power of our Inner Support to heal our self.**

Chronic pain, including pelvic floor pain, is terribly debilitating. It can leave you feeling overwhelmed, depressed, hopeless and afraid to move. **LIFE Support** is a 4 session workshop which uses both movement work and neurological reprogramming to help you create new options and get your life back.

Each session will start with movement and connectivity exercises to bring the group into relationship with themselves and the other participants. The second half of the class will explore the mindbody connection of each participant. The focus will be on releasing old pain programming.

Guest instructor & psychotherapist Pamela Benison joins movement specialist Lindsey Hanahan in presenting this special workshop.

**--IF** *you need to move and shake your self up psychologically...*

**--IF** *you are in the doldrums and want to be more present...*

**--IF** *you are sick and tired of being sick and tired, let us wake you up and bring you into*

***Aliveness!***

Cost: \$240.00. Includes 4 classes with two pros!

Dates: April 6, 13, 27, May 11, 2015. Time: 6 PM--8 PM

For more information, or, to register contact Lindsey at MOVE Studios @ 303-999-0405 or online.  
[www.movestudiosdenver.com](http://www.movestudiosdenver.com)

For information about Pamela Benison:  
[www.pamelabenison.com](http://www.pamelabenison.com)