



PAIN-FREE WITH TRIGGERING

WITH INGRID BERGER

PAIN-EXPERT & MINDFULNESS COACH

In this class you will learn how triggers can help you reduce tension and pain. Triggering is like acupuncture with pinpoint, long-lasting pressure. By working on various myofascial trigger points, pain and restricted movement can be reduced and the blood circulation improved.

The innovative trigger therapy is supported by fascial stretching.

Registration via e-mail to info@studio12-munich.com

INGRID BERGER

shows you how this effective self-treatment works. You will experience how easy it can feel to go through life with less pain and less tension.

DATES

Mondays and Wednesdays, 14.15 - 15.15 pm
Five dates in total: 11.10., 13.10., 25.10., 27.10. und 3.11.2021

Only bookable as a package of 5 for 130€.

STUDIO.12

POSSARTSTRASSE 12 . 81679 MÜNCHEN

+49 89.47 07 87 54 . INFO@STUDIO12-MUNICH.COM

STUDIO12-MUNICH.COM