



PAIN-FREE WITH TRIGGERING

ON JANUARY 4TH 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.

Sign-up via our booking system

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.

DATE

Tuesday, 4th of January
From 10.30 am - 11.30 a.m.

Bookable with your regular class card or as a drop-in for 28€.

STUDIO.12

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