



NEW  
DATE



# PAIN-FREE WITH TRIGGERING

ON JANUARY 24TH 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

Monday, 24th of January  
From 8 pm - 9 p.m.

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

STUDIO.12

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