



NEW  
DATES



# PAIN-FREE WITH TRIGGERING

ON MARCH 9TH AND 30TH 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.

## DATES

Wednesday, 9th and 30th of March 2022  
From 7.15 pm - 8.15 pm

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

STUDIO.12

POSSARTSTRASSE 12 . 81679 MÜNCHEN  
+49 89.47 07 87 54 . INFO@STUDIO12-MUNICH.COM  
STUDIO12-MUNICH.COM