



NEW
DATE



PAIN-FREE WITH TRIGGERING

SUNDAY, 27TH OF NOVEMBER 2022

WITH INGRID BERGER

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

is a Pain-Expert & Mindfulness Coach and will show you how easy it can feel to go through life with less pain and less tension.

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Sunday, 27th of November 2022
From 5.30 pm - 6.30 pm

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

STUDIO.12

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