

Learn the language of the body, breath and somatic therapy techniques to connect your emotional + physical body.

Date: May 2, 2026

Time: 10:00AM - 2:00PM

Location: The Garrett Wellness Center – Classroom
3020 N. Kimball Avenue
Chicago, IL 60618

Fee: **\$175** + Participation Waiver

Limited to 10 participants

Contact: Funda Kahn
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Soma + IQ
Workshop

Experience the #1 Somatic Practice

To prepare for the workshop start with Deep Breathing Exercises:

Deep breathing (or diaphragmatic breathing) involves slow, full breaths that expand the belly rather than the chest. Sit or lie down comfortably, place one hand on your chest and the other on your belly, and inhale slowly through your nose for 4 seconds, ensuring the belly rises, and then exhale for 6 seconds.

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