



MARCELLA CARRARA  
*somatic movement flow*

## PROGRAM 2021- 2022

The **Somatic Journey** takes place in studio with a group of max. 12 people through **Cycles of 12 lessons** for a total of **3 cycles per year**.

### **Every Tuesday**

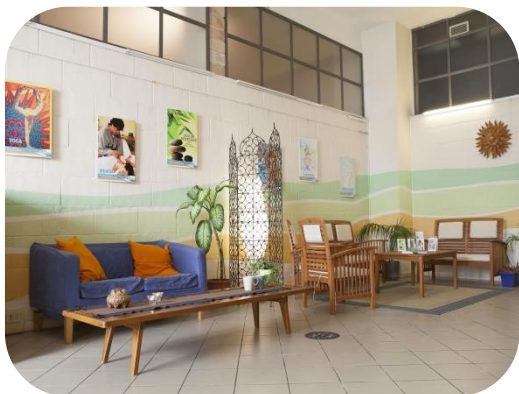
Morning: From 11:30 am to 12:30 am

Evening: From 19:00 pm to 20:00 pm

## WHERE

We are in Rome at **Centro il Fiume**

Via dei Dalmati 37, 00185, Roma



# THE CYCLES

## First Cycle

From **21 September** to **14 December**

Focus: Grounding and Centering

## Second Cycle

From **18 January** to **5 April**

Focus: Healing with a proper rest and sleep

## Third Cycle

From **12 April** to **28 June**

Focus: Balance and dynamic posture

## PRICE



One Month  
63 euro

12 Lessons  
190 euro

One Year  
490 euro