



For Immediate Release

Learn to move free and without pain, get better sleep, and improve performance!

Exeter, NH- February 27, 2007- Access Acceleration proudly announces the addition of a Somatic Education Movement Class on Wednesday afternoons from 12:00 PM to 1:30 PM beginning March 14th. This class is open to all abilities and will focus on overall improvement of your entire body from relief of pain and discomfort to sports performance enhancement. The classes will be held at Access Acceleration in Exeter, NH.

Somatic Education Movement Lessons are typically experienced in a group atmosphere where a teacher verbally guides students through a series of slow, gentle movements while fully clothed. The Feldenkrais Method was developed by Moshe Feldenkrais, D.Sc. (1904-1984), an engineer, physicist and martial arts expert. Currently there are over 1700 practitioners of the method in the United States and Canada. Hanna Somatic Education was developed by Thomas Hanna, PhD (1928-1990), a philosopher, teacher, movement expert, and practitioner of the Feldenkrais Method. Currently there are over 150 practitioners of Hanna Somatic Education Worldwide. The Anat Baniel Method is a cutting edge movement modality developed by Anat Baniel in San Rafael CA. There are over 200 practitioners nationwide and growing.

The Somatic Education Movement Classes will be taught by Charlie

Murdach, MA, ATC,/L who is a Certified Hanna Somatic Educatorsm, Certified Anat Baniel Method Practitionersm, and Guild Certified Feldenkrais Awareness Through Movement® Teacher. Charlie has had the opportunity to work with athletic training programs at the high school, collegiate and professional levels. Charlie has worked in a variety of outpatient and in-patient Physical Therapy clinics and has also worked extensively in the field of Pulmonary Exercise Physiology at the University of California, San Francisco. Along with working in sports rehabilitation, Charlie has coached over 200 athletes in the Ironman Distance event of Triathlon.

For more information on the Somatic Education Movement Class, please contact Access Acceleration: Karen Kay, Director of Sports Performance at (603) 778-4890, karenkay@accessacceleration.com or Charlie Murdach at charliemurdach@accessacceleration.com at (603) 778-4890. Please visit Access Acceleration's website for more information, www.accessacceleration.com