



Feldenkrais® Awareness Through Movement Classes

2010: 6-Week Series

Thursdays 7:30—8:30PM

Cost: \$75 for 6 weeks, \$15/class drop in rate

January 7, 14, 21, 28, February 4, 11.

March 4, 11, 25, April 1, 8, 15.

May 6, 13, 20, 27, June 3, 10

Feldenkrais is an owner's manual for the human body

What to expect in a Feldenkrais Class:

- You will learn how to move in easier, more efficient ways.
- The movements are very gentle and relaxing – never painful. Anyone, at any level, can do them.
- You will learn greater self awareness.
- You will feel better after class – stand taller, feel lighter, more flexible, and more grounded.
- A certified Feldenkrais teacher has been through an extensive 4-year training – similar to kinesiology and is an expert in movement, posture, and body mechanics.

REGISTRATION

Contact Lisa Walker 651-258-4762 feldenkraismn@hotmail.com (or just drop in!)

For more information about Feldenkrais, please visit our website for Integrated Wellness Center: <http://www.integratedwellnessrochester.com/>

Lisa Walker, GCFP

Feldenkrais Minnesota--Coneflower Studio

Email: feldenkraismn@hotmail.com

Tel: 651-258-4762

Website: www.integratedwellnessrochester.com