



Feldenkrais® Awareness Through Movement Classes

6-Week & 5-Week Series:

Thursdays 7:30—8:30PM \$75 for 6 weeks (\$15 drop-in) 7/1 - 8/5
\$63 for **5 weeks** (\$15 drop-in) 8/26 - 9/30—(only 5 week series—no class 9/16)
\$75 for 6 weeks (\$15 drop-in) 10/28 - 12/9—no class 11/25 Thanksgiving

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/>

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