



Feldenkrais® Awareness Through Movement Classes

2011: 6-Week Series

Thursdays 7:30—8:30PM

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

June 30, July 7, 14, 21, 28, August 6

August 25, September 1, 8, 15, 29, October 6

October 27, November 3, 10, 17, December 1, 8

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

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