



HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 281-2791
www.hermitagefarm.org

Feldenkrais® Classes

...an owner's manual for the human body

2012 Feldenkrais Awareness Through Movement® Class Schedule

Thursdays 7:30—8:30PM:

6 Week Series: Cost: \$75 or \$15/class drop in rate
January 12, 19, 26 February 2, 9, 16

3 Week Series: Cost: \$40 or \$15/class drop in rate
February 23 March 1, 8

10 Week Series: Cost: \$125 or \$15/class drop in rate
April 5, 12, 19, 26 May 3, 10, 17, 24, 31 June 7

4 Week Series: Cost: \$50 or \$15/class drop in rate
July 12, 19, 26 August 2

6 Week Series: Cost: \$75 or \$15/class drop in rate
August 16, 23, 30 September 6, 13, 20

6 Week Series: Cost: \$75 or \$15/class drop in rate
October 11, 18, 25 November 1, 8, 15

3 Week Series: Cost: \$40 or \$15/class drop in rate
November 29 December 6, 13

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 to class! For more information about Feldenkrais, please visit www.hermitagefarm.org