
Feldenkrais Awareness Through Movement®
...living the life you want to live
Lisa Walker, GCFP

Special thanks to the wonderful venues providing us
a beautiful environment in which to learn and grow!

Class schedules are always available on each of these websites.
Please check back because classes may be added.

Bluewater Yoga Studio in Red Wing

<http://bluewateryoga.com>

Hermitage Farm Center for Healing in Rochester

<http://www.hermitagefarm.org/>

Feldenkrais Guild of North America

<https://feldenkrais.com>

Please note:

If you register for a series,
You can join any (or all) of the class times and locations
at no additional cost.

You can also join class online.

Except for series titled “Drop in”,
you must register in advance for an entire series (no drop ins).

To register or for questions:

feldenkraismn@hotmail.com

507-202-5342

Course Schedule with Lisa Walker, GCFP

Full-day retreats & workshops

***9:00am – 4:30pm ■ \$99 early bird 2 weeks in advance/\$108
regular***

Walking & Running – with ease & lightness

Sat 4/20 ■ Huntington, WV

Pelvic Floor – that subtle, internal base of support that gives us ease

Sat 04/27 ■ The Yoga Room, Decorah, Iowa
<http://www.decorahyogaroom.com>

Walking & Running – with ease & lightness

Sat 10/5 ■ Hermitage Farm Center for Healing, Rochester
<http://www.hermitagefarm.org>

...more to come

Please let me know if you would like to plan something near you.

Drop-in classes

***Awareness Through Movement®—Your personal owner's manual
for creating the life you want to live.***

Rochester – Hermitage Farm Center for Healing

<http://www.hermitagefarm.org/index.html>

Please also feel free to join us online.

Two classes: Thursdays 10:30 – 11:30am & 7:00 – 8:00pm

April 11 – 25

\$20/class or \$55 for all three weeks

Drop-in classes

***Awareness Through Movement®—Your personal owner's manual
for creating the life you want to live.***

Red Wing – Bluewater Yoga Studio

<http://bluewateryoga.com>

Please also feel free to join us online.

Tuesdays 6:30 – 7:30pm

5/14, 5/21, 6/11, 6/18, 7/9, 7/16

Rochester – Hermitage Farm Center for Healing

<http://www.hermitagefarm.org>

Please also feel free to join us online.

Thursdays Two classes: 10:30 – 11:30am & 7:00 – 8:00pm

5/16, 5/23, 6/13, 6/20, 7/11, 7/18

\$20/class or \$110 for all six weeks

Balance – improve at any level
Awareness Through Movement®

Red Wing – Bluewater Yoga Studio

<http://bluewateryoga.com>

Please also feel free to join us online.

Tuesdays 6:30 – 7:30pm

8/13 – 9/10

Rochester – Hermitage Farm Center for Healing

<http://www.hermitagefarm.org>

Please also feel free to join us online.

Thursdays Two classes: 10:30 – 11:30am & 7:00 – 8:00pm

8/15 – 9/12

5 week series ■ \$90 ■ no drop-ins

Effortless Posture
Awareness Through Movement®

Red Wing – Bluewater Yoga Studio

<http://bluewateryoga.com>

Please also feel free to join us online.

Tuesdays 6:30 – 7:30pm

9/17 – 10/22

Rochester – Hermitage Farm Center for Healing

<http://www.hermitagefarm.org>

Please also feel free to join us online.

Thursdays Two classes: 10:30 – 11:30am & 7:00 – 8:00pm

9/19 – 10/24

6 week series ■ \$105 ■ no drop-ins

Feet – flexible, stable and pain-free
Awareness Through Movement®

Red Wing – Bluewater Yoga Studio

<http://bluewateryoga.com>

Please also feel free to join us online.

Tuesdays 6:30 – 7:30pm

11/5 – 11/19

Rochester – Hermitage Farm Center for Healing

<http://www.hermitagefarm.org>

Please also feel free to join us online.

Thursdays Two classes: 10:30 – 11:30am & 7:00 – 8:00pm
11/7 – 11/21

3 week series ■ \$55 ■ no drop-ins

Class topic TBD

Awareness Through Movement®

(no Red Wing class due to travel)

Rochester – Hermitage Farm Center for Healing

<http://www.hermitagefarm.org>

Please also feel free to join us online.

Thursdays Two classes: 10:30 – 11:30am & 7:00 – 8:00pm
12/5 – 12/19

3 week series ■ \$55 ■ no drop-ins

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