

Presented by:

**Bonnie Kissam, M.A.**

FL Lic #36256,

Provider #MCE 448-05



Bonnie Kissam has her Masters Degree in Physical Education/Dance. She has been a *Feldenkrais Practitioner*<sup>®</sup> for 30 years, an assistant trainer for 15 and studied with Dr. Feldenkrais in 1980 & 1981. In Connecticut, Bonnie worked in Physical Therapy Clinics as well as her own studio. Clients have ranged from dancers/athletes, musician/singers to children with learning delays and scoliosis, to people with chronic stiffness and those who have had an accident or stroke.

*PARTICIPANT'S  
COMMENTS:*

*"Since attending your workshop I have found myself very centered when I'm sitting and working."*

Licensed Massage  
Therapist

*"For me, Bonnie really clarified that efficient movement is easy. This Method seems to get to the core of the self-organization/coordination of movement. You learn to work smarter."*

Physical Therapist



*Keep your eye on what works!*

**TOUCH TO INFORM Seminars**

Using concepts from *The Feldenkrais Method*<sup>®</sup>

**Saturday, January 14 • 9:30am - 5:00pm**

## *Moving from your Core*

*Rediscover the Power in your Pelvis...the Power of your Bones*

Be more comfortable in your body, at rest or in motion.

Achieve more power with less effort by thinking pelvis/bones

*Can you imagine yourself without a skeleton...  
without a pelvis?*



- Learn to experience yourself and your movements from the inside. Learn to sense/imagine your bones and how they can be used as a system of support and power - making everyday activities lighter and easier.
- Learn to regain your natural alignment - whether you work on your feet, dance, or sit all day - and rediscover how your neuromuscular system can move efficiently.

- Learn, while being supported by the floor or chair, to listen mindfully to your skeletal movements, monitor muscular efforts and develop variations for any action. This creates a clearer mental picture of how you achieve each motion—no matter how small.
- Learn to discriminate between what is efficient and easy muscular action and what is wasteful and strained.

**Once you learn to move mindfully, you can approach any activity in an entirely new way.**



**Saturday, January 14, 2012 from 9:30am to 5:00pm**

**Ionie's 1241 Fruitville Road, Sarasota**

1/2 block west of Coconut, east of 41

**Call to register:** 941.360.2248 or 941.587.4535 cell  
or ONLINE at <http://www.feldenkraisinsarasota.com/workshops-for-professionals>

**Fee:** \$100.00 or \$150.00 for workshop plus an individual lesson.  
(20% less if pay by January 6)  
6 CEU's for LMTs

**Send check to:** Bonnie Kissam, M.A.,  
5317 Fruitville Road, Box 169, Sarasota, FL 34232

For more information: e-mail [bk@bonniekissam.com](mailto:bk@bonniekissam.com)

**[www.bonniekissam.com](http://www.bonniekissam.com) • [www.feldenkraisinsarasota.com](http://www.feldenkraisinsarasota.com)**