

viva la breathing

*Enhance breathing and discover ways
to move beyond limitations*

An Introduction to *The Feldenkrais
Method®* & TOUCH TO
INFORM Seminars

***Gain awareness of what happens when
you breathe. Explore unusual
movement lessons that disrupt old
patterns and light up neuropathways
for new learning. Expand your
breathing capacity and sense of JOY.***

Friday, March 8th, 6:30-8:30 pm

Maitland Wellness Center

237 Lookout Place, Maitland, FL 32751

FEE: \$32 early registration | 2 CEs for LMTs



Observe • Support • Inform



Details and registration: [FeldenkraisInSarasota.com/event/core-weekend-orlando/](https://www.feldenkraisinsarasota.com/event/core-weekend-orlando/)