

FELDENKRAIS WEEK

CELEBRATION of Moshe Feldenkrais, D. Sc., Founder of The *Feldenkrais Method* –
helping participants stay curious and improve – with BonnieK
and a B-day Cupcake

Viva La Breathing

May 15th 6:00-8:00 pm at Ionie's , 1241 Fruitville Road , Call 941.587.4535 or
register online at <http://www.feldenkraisinsarasota.com/event/celebrate-feldenkrais-week-w-bonnie-k/>

Viva La Breathing – Improving Posture – Reducing Stress!

Breath is central to our well-being. A fully functionally aligned spine supports breathing while exploring different ways to breath can support spinal alignment. The 'newest' recommendation by the medical world is to 'breathe' to reduce stress and risk of heart disease. Explore how engaging you attention to your breathing mechanisms and working to quiet patterns that stop this natural movement in your rib cage, spine and diaphragm, can drastically improve your posture, movement and life.



- <http://home.comcast.net/~wnor/respiratorymovements.htm>

The *Feldenkrais Method*® is a form of somatic education that uses movement and directed attention to find a way to enhance anyone's ability—young or old, physically challenged or physically fit.

Empower Yourself ... Revive Curiosity ... Self-Discover ways to move beyond limitations.

Fee: \$25
(2 CEs for LMTs – *TOUCH TO INFORM* Seminars)