

Empower Yourself · Revive Curiosity · Move beyond limitations



Free Your Neck and Shoulders!

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

Friday, May 3, 6:30-8:30 pm
Maitland Wellness Center
237 Lookout Place, Maitland, FL 32751

Habitual action in your neck and shoulders can create tension and lead to pain. Frequent computer, phone and other repetitive arm/head activities can make this worse.

Discover how neurological and anatomical concepts from *The Feldenkrais® Method* can help you develop skills that quiet excessive tension.

Experience your head and shoulders moving more freely.



Learn how to quiet old habits,
attend to details of an action
while you move, and then through
specifically designed movement lessons,
recover old abilities – or
discover new ones!

FEE: \$32 early registration. REGISTER at:
<http://www.feldenkraisarasota.com/event/orlando-walking-engine/>
or call 941-587-4535

PRESENTERS:

Bonnie Kissam, M.A., *Feldenkrais® Practitioner*, Assistant Trainer
Massage Therapy License #MA36256 and FL CEU Provider MCE 448-05
Nikki Rollason, *Feldenkrais Practitioner*, Massage Therapy License #MA 31953