



Friday Eve, March 22, 6:30-8:30 pm
At: District Dance Academy, 14100 Us 19, Largo, FL

Free Your Neck and Shoulders!

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

Do you have difficulty in looking right, left, up or down?

Your head follows our eyes. This habitual action can create tension. i.e. if your head follows your eyes looking at a computer for long periods of time. Using neurological and anatomical concepts from The *Feldenkrais® Method*, participants develop skills that indirectly quiet excessive tension in the muscles of the neck and shoulders so that the head is freer to move – and the shoulders feel supple.

Learn how to re-discover rotation in your thoracic spine and expand your abilities.



Empower Yourself ...

Revive Curiosity ...

Self-Discover ways to move beyond limitations

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.feldenkraisinsarasota.com/event/st-pete-walking-engine/>

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

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