



FELDENKRAIS' Awareness Through Movement® Lessons

with *Bonnie Kissam, M.A.* & *Fon Nguyen, P.T.*



Fridays 1:30-2:30 pm
January 25 – March 1, 2019
(continues March 8 – April 12)



The *Feldenkrais Method*® uses movement and directed attention to enhance anyone's ability—young or old, physically challenged, or physically fit. Learn how to retain or regain the ability to move without strain or discomfort.

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

Engage in an ongoing 'movement laboratory' that helps you listen and develop an awareness of habitual movement patterns that interfere with ease and comfort. Sensing differences helps re-develop not only more efficient movement, but is an opportunity to learn *how* to listen, sense and find variations, so learning in this way becomes a lifelong skill. This enhances any dance, yoga or movement program that you love.

**Discover how to quiet old habits, attend to details while you move, and then,
through specifically designed movement lessons,
recover old abilities - or - discover new.**

Fees: \$110 for 6 classes, \$100 early registration, \$20 per class

Buy the series and bring a friend on January 25

Miss a class? \$20 less for Individual *Functional Integration*® lessons

To Register: Call *Hip Expressions*: 727.251.5241 www.hip-expressions.com
2033 54th Ave N, St. Pete

For other Seminars, Introductions, Classes or further information:

Visit: <http://www.feldenkraisarasota.com> or call 941.360.2248 for BonnieK

OR: <https://www.feldenkraistampabay.com> or call 504.491.1249 for Fon

"This is an invaluable tool for healthy movement, mindful action, and better living that I passionately share with others." Fon Nguyen

