

INTENSIVE SPECIAL FOR DANCERS

FELDENKRAIS' AWARENESS THROUGH MOVEMENT®

with Bonnie Kissam, M.A.,
Feldenkrais Practitioner®

Friday Feb 22

6:30 - 8:30PM

**FREE to the first
20 registrations!!**

The Feldenkrais Method uses a quiet mat class to draw your attention to the space, support and mobility of your skeletal structure. Once you sense bones moving, the effort in your muscles become efficiently distributed. You learn to move in an 'effortless' manner.



REVITALIZE YOUR SPINE

Bring awareness to your Powerful Pelvis

Moshe Feldenkrais, D.S.C. was a scientist, revolutionary thinker as well as judo master who developed a process to make his engineer buddies more flexible. He studied and used many judo moves as well as movements we did in our first year of our life; rolling over, crawling and learning to stand, balance and walk, as a model for re-learning and developing new patterns for action ---or dancing.



EXPLORE THE POSSIBILITIES OF A SPIRALING SPINE

EXPERIENCE THE POWER OF YOUR PELVIS

EXPAND YOUR POTENTIAL THROUGH A GREATER AWARENESS OF THE SPINE AND PELVIS AS THE INITIATORS OF FLUID, SUPPORTED MOVEMENT.

ENJOY THE EASE OF ALLOWING THE SPINE AND PELVIS BE THE POWER TO YOUR ARMS AND LEGS.

ENHANCE YOUR TURNS THE USE OF CONTRA BODY, THE STRUCTURAL BALANCE WITHIN YOUR DANCE.

For more information, you may call 941.587.4535
Visit: www.feldenkraisinsarasota.com