

Saturday Morning January 25 -10:00-12:45



Do you have a 'stiff back?
Might it interfere with your dancing - your running--- your life?

Regain your Flexible Spine!!

Ionie's, 1241 Fruitville Road, Sarasota, FL

**An Introduction: *Feldenkrais Method*®/ TOUCH TO INFORM Seminars
CEs for LMTs**

Find a new and functional way to sit, stand, bend and move.

Movement requires an 'even' give and take between opposing muscles, the agonists and antagonists. When one set of muscles stays tight, then fluid, easy movement disappears. The efficient functional movement of the spine requires 'even' muscular tonus between the flexor and extensor muscles of the torso and an 'even' distribution of effort throughout the action. You will discover, when you distribute the effort through your whole system, you have much more flexibility than you thought.

DISCOVER the richness your unconscious mind has to create new possibilities!

In this seminar you have the opportunity to sense your movements through your skeleton while sitting in a chair or lying on the floor and discover the potency of '*doing less*' and simply '*touching to inform*'.



PRESENTER:

Bonnie Kissam, M.A., *Feldenkrais*® Practitioner,
Assistant Trainer
Massage Therapy License #MA36256 and FL CEU
Provider MCE 448-05
Call 941.5874535 for further information

FEE: \$55 --2 FOR 1!!
Have one person REGISTER at:

<https://www.feldenkraisinsarasota.com/event/discover-your-flexible-spine/>

BonnieK has spent over 30 years demonstrating to clients how a simple change in a movement can quiet pain, enhance abilities and offer new possibilities for moving and living. As clients move their mindset from "fixing" and "correcting" to curiosity and learning, they engage in new ways to take charge of their own well-being.

"Feldenkrais, D. Sc. is a pioneer in understanding Neuroplasticity." Norman Doidge, M.D., in *The Brain's Way of Healing*

Moshe Feldenkrais, D. Sc. was the creator of a unique way of relearning. Using a sensory mindful approach he demonstrated that when the brain learns to discern differences in action it has the ability to formulate new patterns. *The Feldenkrais Method*® encourages you to become a student of your own body/mind from the inside out. When you move your mindset in self-care from 'fixing' or 'correcting' to engaging your brain's natural ability to learn, you will discover new possibilities in thought and action. Through moving with attention, looking for lightness and open to variations, you expand your own ability to improve balance, ease of movement, posture and gait in walking while you learn to reduce pain and excessive muscular tension.

TOUCH TO INFORM Seminars offer LMTs, educators, coaches and other professionals sensory learning experiences with other applicable concepts from *The Feldenkrais Method*[†] that can enhance outcomes for clients.

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