



Free
Classes

Awareness Through Movement®

Classes continue into December

Vancouver Island Regional Library,
Harbourfront Branch,
90 Commercial Street, Nanaimo, BC.
2nd Level Large Meeting Room
Monday, December 5, 2016, 3:00-4:30
Monday, December 12, 2016, 3:00-4:30

- Bring:
- A yoga mat or something similar to make it comfortable lying on the floor
 - A towel to fold or roll to place under the head or knees.
 - Wear comfortable, loose fitting clothing.

Feldenkrais Method® Somatic Education

The Feldenkrais Method® is a form of somatic education that uses gentle movement and directed attention to improve movement and enhance human functioning. Through this Method, you can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. These improvements will often generalize to enhance functioning in other aspects of your life.

"In order to recognize small changes in effort, the effort itself must first be reduced. More delicate and improved control of movement is possible only through the increase of sensitivity, through a greater ability to sense differences."

Moshe Feldenkrais, PhD.

Presentation by:
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"Improve Movement, Improve Life"