

Holistic Solutions to ...

**BACK BY POPULAR DEMAND**

# relax your Computer Arms

Feldenkrais Method® Workshop

**Benefits:**

- Learn to reduce tension
- Reduce risk of overuse injury
- Restore lost function
- Develop an easy, effortless quality to your hands & arms
- Refine dexterity for creative expression or work activities



**Who Can Benefit by this Workshop?**

- Musicians, Artists, Massage Therapists, Physicians, IT Professionals, Dentists
- People with arthritis, carpal tunnel, repetitive strain injury (RSI)
- Individuals with a history of overwork overuse or injury

Using the remarkable *Awareness Through Movement*® process, you will learn a unique approach to reducing tension & improving comfort. This approach does not involve stretching or strengthening, but rather, uses small, gentle movements & awareness to bring about movement that is easy, effortless, integrated & supported. The *Feldenkrais Method*® of *Somatic Education* provides tools to manage tension & chronic pain.

**A R E L A X E D B O D Y H E A L S I T S E L F !**

*The Feldenkrais Method combines movement with awareness to bring about profound & lasting change. These movement sequences are distinct from 'stretching' found in typical exercise programs.*

**What Shall I Wear?**

Loose fitting, layered 'comfort-wear' which is easy to move in.

**What Shall I Bring?**

Just bring yourself, an open mind & a bottle of water.

**Early Bird Investment up to February 10: \$40**

**After February 10: \$45**

Space is limited. Register early.

**PLEASE ARRIVE ON TIME**



**When & Where**

Saturday, February 18

2:00 ~5:00 pm

R O O M T O M O V E S T U D I O

662 Broadview Avenue, Rear Downstairs  
(south of Broadview Subway Station)

**VISIT: [www.YourBodyTellsTheTruth.ca](http://www.YourBodyTellsTheTruth.ca)**

**REGISTER: Marlene Kennedy 416.406.0054**

***Your Nervous System is Smarter Than You Are!***