

Holistic Solutions to ...

**BACK BY POPULAR DEMAND**

# relax your JAW

Feldenkrais Method® Workshop

## Get relief from:

- Jaw clenching / Teeth grinding (Bruxism)
- Effects of TMJ disorder
- Discomfort in your jaw, neck & shoulders
- Neck, jaw & shoulder tension
- Tension headaches

Learn to reduce chronic tension & improve the movement of your jaw using the unique, gentle movement sequences of the *Feldenkrais Method*.

Jaw, neck & shoulder tension are inter-related, so addressing one of these areas can benefit all three. The movement sequences are easy to remember so you can do them at home after the workshop.



## **Who Can Benefit by this Workshop?**

Anyone with personal experience of bruxism, jaw & neck tension, as well as tension headaches. The *Feldenkrais Method® of Somatic Education* provides tools to manage tension & chronic pain.

## **A RELAXED BODY HEALS ITSELF!**

*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.

**Investment:** \$45

Space is limited. Register early.

**PLEASE ARRIVE ON TIME**



## **When & Where**

Saturdays 2~5 pm

Call for current schedules

ROOM TO MOVE STUDIO

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!***