

Holistic Solutions to ...

NEW

spring into **SPRING**

A Feldenkrais Method® Workshop
presented by **MARLENE KENNEDY**

Get relief from:

- Stress
- Working in 'overwhelm'
- Pain & discomfort
- Feeling disconnected
- Tension & fatigue



Learn to experience the effortlessness, ease & pleasure of functional movement using your whole self in unique, gentle movement sequences of the *Feldenkrais Method*.

All movement & tension is inter-related, so addressing any one area can benefit all areas. Experience the relationship of your 'parts'. When you redistribute the effort of movement, movement & life become easier.

Who Can Benefit by this Workshop?

Anyone with personal experience of stress, fatigue & tension. The *Feldenkrais Method*® of *Somatic Education* provides tools to develop your awareness & hone your innate intelligence as well as manage chronic tension & overuse.

IT'S ALL ABOUT CONNECTION!

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 & an old bath towel.



Early Bird Investment up to March 2: \$40

After March 2: \$45

Space is limited. Register early.

Where & When

Sunday, March 11

2:00 ~ 5:00 pm

2464 Danforth Avenue

(east of Main Subway Station)

VISIT: www.YourBodyTellsTheTruth.ca

REGISTER: Marlene Kennedy 416.406.0054



Experience the elegance of Nature