

Feldenkrais Method®

Awareness Through Movement®

Sponsored by the City of Ukiah Community Services Dept.

Spring 2009

Classes for children

These innovative movement lessons are perfect for any child who may be having a difficult time in school. Children who participate in these lessons generally become calmer, happier and better able to focus. Body and spatial awareness improves and they become better, more confident learners.

Wednesdays

Session 1: 1/21/09-2/11/09, 4 weeks

Session 2: 2/25/09-3/18/09, 4 weeks

Ages 3-5: 10:30-11:00am

Ages 6-8: 3:00-3:30pm

Ages 9-11: 3:45-4:15pm

Ages 12up: 4:30-5:00pm

Fee: \$40 per 4 week session

Pre-registration with the City of Ukiah is recommended as class sizes will be limited.

All classes and workshops meet in the **Grace Hudson Museum Meeting Room at 431 S. Main St., Ukiah.** Mats are provided. Wear loose fitting, comfortable clothing that allows you to move freely. For more information, call Karen Poplawski at 462-6570 or email at kpop@pacific.net or see www.pacificsites.com/~kpop.

Karen Poplawski is a Guild Certified Feldenkrais Practitioner and an Anat Baniel Method for Children Practitioner and sees people individually at Full Circle Wellness Resource Center, 530 S. Main St., Ste. G, Ukiah. She has been teaching Awareness Through Movement classes through the City of Ukiah since 2001.

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