

# **FELDENKRAIS®**

## **AWARENESS THROUGH MOVEMENT®**

- Develop a more intelligent and responsive body
- Reduce pain, aches, fatigue and stress
- Improve flexibility, suppleness and balance
- Increase coordination and muscular efficiency

### **Wednesdays - 10-11am or 5:30-6:30pm**

Session 1: 09/14/11 - 10/19/11

Session 2: 10/26/11 - 12/07/11 (no class 11/23)

### **Thursdays - 10-11am**

Session 1: 09/15/11 - 10/20/11

Session 2: 10/27/11 - 12/08/11 (no class 11/24)

***Free introductory lesson***

***Saturday, September 10, 2011, 10-11am***

***Wear loose, comfortable clothing that allows you to move freely.***

Offered by: City of Ukiah, Community Services Department  
Location: **Grace Hudson (meeting room)**, 431 S. Main St, Ukiah  
Instructors: Karen Poplawski, GCFP & Peggy Agnew, GCFP, RYT  
Fee: \$54 per 6 wk session (\$48 seniors over 55)  
\$11 per class drop-in (\$10 seniors over 55)  
More Info: Karen-462-6570 or Peggy-743-1295/489-1574 or see  
[www.pacificsites.com/~kpop](http://www.pacificsites.com/~kpop)

In **Awareness Through Movement® (ATM)** lessons, the Feldenkrais teacher verbally guides you through a sequence of movements. Some lessons are done sitting in a chair, while most are done lying and sitting on mats and occasionally in standing. Unlike exercise as you know it, these are called lessons because you actually learn how to improve the way you move. The **Feldenkrais Method®** is based on the work of Moshe Feldenkrais, physicist, engineer and black belt in judo. He discovered that by strategically exploring the way one moves, people are not only able to move more efficiently and comfortably, but that the overall quality of their lives improve as well.