

Feldenkrais Method®
Awareness Through Movement®

at

MENDOCINO COLLEGE

Thursdays, Jan. 27-Mar. 31, 2011
12:30-1:30pm, Room 800
\$77/10 week session
Deadline for reg. 1/25/11

Enroll now!

**Community Extension Program
(ComEx)**

Instructor: Peggy Agnew

Registration:

By phone: Call Lisa Lunde at 468-3063
with credit card

By Mail: Send name, address, phone ,
birthday, email & fee to Mendocino
College, 1000 Hensley Creek Rd., Ukiah
95482, Attn: ComEx

Hand deliver: To Lisa Lunde at the
college, Tues.-Fri, 8-12pm & 1-5pm.

Email: llunde@mendocino.edu

Refund possible up to 1/20/11, minus \$15
administrative fee.

Benefits may include:

- Development of a more intelligent & responsive body
- Improvement of flexibility and balance
- Increased coordination and efficiency
- Reduction of pain, aches and fatigue

Peggy Agnew is a Guild Certified Feldenkrais Practitioner and a Registered Yoga teacher, teaching classes in Ukiah since 2001. She has a private practice with an office at Full Circle, 530 S. Main St., Ukiah. More info: 743-1295 or agnew.peggy@gmail.com.

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