

Feldenkrais Method®
Awareness Through Movement®

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

Spring 2011

Saturday Workshops

Offered by the City of Ukiah

registration at

411 W. Clay St. (707) 463-6231

Mouth and Jaw

Saturday, 4/09/11 1-4pm

Saturday, 4/16/11 1-4pm

This workshop is suitable for anyone interested in finding more comfort in the area of the mouth and jaw.

Fee: \$30 per workshop or \$55 for both
Instructor: Karen Poplawski

The workshop will 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 info: Call Karen Poplawski at 462-6570 or email kpop@pacific.net or see www.pacificsites.com/~kpop.

Karen Poplawski is a 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., Ukiah. She has been offering Feldenkrais classes and workshops through the City of Ukiah since 2001.

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