

As Seen in the Norwalk Hour April 14, 2008

The Feldenkrais Method **of Somatic Education**

Improve Movement, Improve Life.

Learning new ways to move can be an essential addition to the treatment of neurological, orthopedic, chronic pain and stress-related conditions.

With Feldenkrais you can learn to:

- Ease pain and chronic discomfort
- Improve posture, balance and flexibility
- Prevent Injury
- Increase energy
- Reduce stress and fatigue
- Improve concentration

The Feldenkrais Method has helped:

- Musicians, dancers and actors
- Athletes and fitness enthusiasts
- Students
- Children with special needs
- Seniors
- Anyone seeking to improve their quality of life

Session: April 2 - May 21

Wednesdays, 10:30 a.m. - 11:45 a.m. in the Board Room

Members: \$80.00

Nonmembers: \$145.00

\$12 Drop In

Register for this class at the Member Services Desk