



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Feldenkrais® Workshops

*Feldenkrais® Awareness Through Movement*

Consists of gentle movements scientifically designed to free one from harmful, habitual patterns. With this practice you'll experience greater ease sitting at a computer, walking across a room or running a marathon. Anyone, in any body, can benefit.

## Fall Series: Move Like the Child Within

<b>Saturday, October 29</b>	<b>1:00 - 2:00 pm</b>
<b>Saturday, November 5</b>	<b>1:00 - 2:00 pm</b>
<b>Saturday, November 12</b>	<b>1:00 - 2:00 pm</b>
<b>Saturday, November 19</b>	<b>1:00 - 2:00 pm</b>
<b>Saturday, December 3</b>	<b>1:00 - 2:00 pm</b>
<b>Saturday, December 10</b>	<b>1:00 - 2:00 pm</b>

Instructor: Craig Hamilton,  
certified Feldenkrais® instructor

Meets in the Yoga Studio



For more information please contact:  
**Gayle Ebel**  
(812) 332-5555 ext. 266  
[gebel@monroecountyyymca.org](mailto:gebel@monroecountyyymca.org)

Attend a single session **\$10/member \$25/ non-member.**

Attend all six **\$53/member \$133/ non-member.**

Financial Assistance Available

Register at the Welcome Center or online at  
[www.monroecountyyymca.org](http://www.monroecountyyymca.org)