

# 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.



Circles for Standing	Sunday, July 11	1:00 - 2:30 pm
Twisting for Walking	Sunday, July 18	1:00 - 2:30 pm
Breathing for Being	Sunday, July 25	1:00 - 2:30 pm

Instructor: *Craig Hamilton, certified Feldenkrais® instructor*

Meets in the Yoga Studio

**\$11/member \$28 non-member per session.**

*Attend a single session or all three.*

**Register at the Welcome Center or online at**

**[www.monroecountymca.org](http://www.monroecountymca.org)**

Financial Assistance Available



## Monroe County YMCA

For more information please contact:

Gayle Ebel

(812) 332-5555 ext. 266

[gebel@monroecountymca.org](mailto:gebel@monroecountymca.org)