

Introducing

a new class at **The Space** (Formerly Laurel Jujitsu)
4148 MacArthur Blvd, Oakland, Laurel district

The Feldenkrais Method®

Awareness Through Movement®

Would you like to:

- Reduce your aches & pains?
- Limit injuries
- Recover more quickly
- Move more comfortably, if only you could remember how?
- Simply experience the joy of discovery and renewal

Exploration of movement can help you find power, strength and flexibility.

The verbally guided lessons are organized to improve everyday actions such as walking, bending, and reaching, as well as introducing you to brand new possibilities!

Dates: Tuesdays – ongoing

Times: 6:30pm – 7:30pm

Cost: Drop In - \$12 per class
5 classes - \$50 (valid for 3 months)
10 classes - \$80 (valid for 6 months)

Lessons are generally done lying down;
please dress comfortably.

*** Some mats available, but please bring one if you have

Jan Hetherington is a Guild Certified *Feldenkrais* Practitioner, and teaches throughout the Bay Area. She can also be contacted for private “hands on” sessions (Functional Integration®).

510-534-4978, jan@moves-to-improve.com
<http://www.altmd.com/specialists/jan-hetherington>
<http://www.moves-to-improve.com> (coming soon)