

*"Making the impossible possible,
the possible easy,
and the easy elegant."
- Moshe Feldenkrais*



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Awareness through Movement

SEMINAR

**Come learn
about the
Feldenkrais
method of
somatic
education.**

Human movement is largely learned and movement patterns become habits. This method is based on activating the brain and nervous system to change these patterns.

Date: Wednesday, April 3rd, 2013

Time: 2 p.m. to 3 p.m.

Location: Room 1-B

Presented by: John Crawford

This seminar will explain the method and we will practice several short lessons. These are easy and gentle, no special requirements needed, other than your brain.

*Compliments of Kaiser Permanente
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