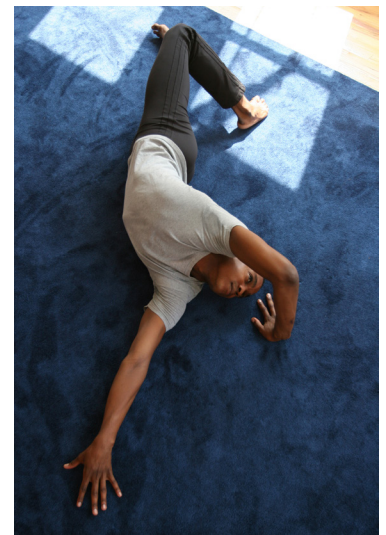




# Feel Good Posture



## A Feldenkrais® Awareness Through Movement® Workshop With Sandy River, 29 year Guild Certified Feldenkrais Practitioner<sup>cm</sup>

Does sitting or standing soon become uncomfortable? Do you often catch yourself slouching or tensing up? Discover in this workshop how to let your bones support you. Learn to release unnecessary habits of holding and tension. Explore what a dynamic and balanced posture could mean for you. Benefit from individualized attention. Experience being in your body with more comfort, confidence, freedom, and ease.

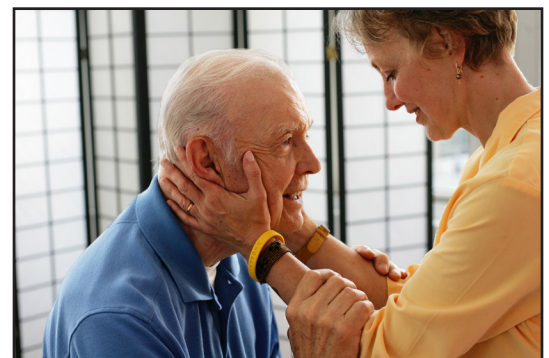
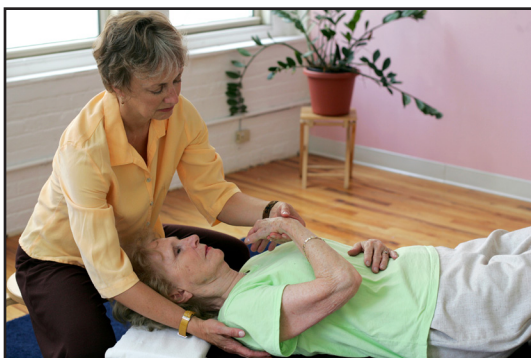
### **WORKSHOP:**

**Saturday, January 21, 2017, 10am - 1pm ~ \$45**

### **WINTER CLASSES:**

**8 Mondays, Jan. 23 - Mar. 13, 2017, 7:15 - 8:30pm ~ \$120**

Free introductory video precedes first class at 6:45pm on Jan. 23



**Goodman Community Center 149 Waubesa St.  
608-241-7635 to register (and all inquiries/appointments)**

Private *Functional Integration*® lessons at 301 S. Bedford Street  
For more info: [bodywisdomforeveryone.com](http://bodywisdomforeveryone.com) ~ [feldenkrais.com](http://feldenkrais.com)