



Dr. Moshe Feldenkrais (1904-1984)



He was physicist, engineer and martial artist. He was originally from Russia and immigrated to Israel around the age of 13. He studied in France and later worked in the physics lab of

Nobel Prizewinner Joilet-Curie. He founded the first Judo club in France. He suffered repeated knee injuries from soccer and judo, which became so bad he could not walk without crippling pain. His doctors prescribed surgery, but only with a 50% chance of full recovery. Feldenkrais declined surgery and instead dedicated himself to the task of recovering his lost function. He applied his knowledge of mechanics and human movement to teach himself how to walk again without pain. He learned that becoming aware of what he was doing was the groundwork for being able to do what he wanted. He spent the rest of his life developing this method of movement education and helped thousands of people.

The Inner Game of Sitting

Discover your Optimal Dynamic Sitting Acture



Carolyn Townsend

Certified Feldenkrais® Practitioner & Physiotherapist

6 Week Class Series

Wed. Jan. 24 - Feb. 28, 2018

Sat. Jan. 27 - Mar. 3, 2018

Lokamotion Complementary Health Studio

**151 Main Street, Unit 2,
Fredericton, NB
E3A 1C6**



Carolyn Townsend is a well-known, experienced physiotherapist who has practiced in Fredericton since 1971. She practiced in the public sector until 1985 when she and a colleague opened Fredericton Physiotherapy, the first private practice in Fredericton. Currently she is practicing Physiotherapy & Feldenkrais® at Lokamotion Complementary Health Studio.

Carolyn discovered the Feldenkrais® Method in the late 1980's and took several courses in the United States over the next several years. She found that the method complimented and added a new and fascinating dimension to the practice of physiotherapy. In 2000 a Feldenkrais Training Program was offered in Toronto. She leapt at the opportunity to study the method in depth. This study and certification process took 4 years to complete. In 2004 she became a Certified Feldenkrais® Practitioner. The Feldenkrais® Method has revolutionized her physiotherapy practice and has benefited her clients as well as herself in many ways. She plans to continue her work for many years to come.

"Through awareness we can learn to move with astonishing lightness and freedom-at almost any age- and thereby improve our living circumstances not only physically, but emotionally, intellectually and spiritually" - MOSHE FELDENKRAIS

The Inner Game of Sitting

During these six weeks you will learn:

- How to sit comfortably in any chair, bleachers, benches, the floor & more.
- How to prevent stiffness while you sit.
- How to stimulate your circulation while sitting.
- How to exercise while sitting.
- How to get up & down easily from a sitting position.
- Effortless optimal posture.
- About playing while sitting.

Come & join us for six weeks of both chair & mat (floor) Awareness Through Movement Lessons.

Stay limber, refreshed, and full of vitality over the long winter months.

Learning is the gift of life.
Learning that is not conducted through a new way of action is not learning.



What is the Feldenkrais® Method?

The Feldenkrais® Method is a unique approach to human movement and learning. Often our movement is limited due to unconscious habits of muscular holding. Feldenkrais® lessons help people to recognize and interrupt these habits, and eliminate limitations and restrictions. As a result students learn better body mechanics and discover natural flexibility and comfort. As students let go of unnecessary effort they start to move more in accordance with the design of the skeleton and experience reductions of strain and tension throughout the whole body. This new way of coordinating oneself results in increased strength, grace and well-being. This learning is directly applied to improve all of life's daily activities, as well as athletic and artistic skills. There are two complimentary formats of the Feldenkrais Method (Awareness Through Movement), and private lessons (Functional Integration).

Please wear loose comfortable clothing.

6 Weekly Classes

Wed. Jan. 24 - Feb. 28, 2018
10am - 11:30am - Cost \$75

or

Sat. Jan. 27 - Mar. 3, 2018
11:00am-12:30pm - Cost \$75

Please remove this section of this brochure and send with your cheque to Carolyn Townsend at 36 Manor Court, Fredericton, NB, E3B 2M9.

Name: _____

Address: _____

Telephone: _____ (h)

_____ (w)

Email: _____

The Inner Game of Sitting will be held at

Lokamotion Complementary Health Studio

**151 Main Street, Unit 2
Fredericton, NB**

If you have questions about this class series you may contact **461-6898** or ctown@nbnet.nb.ca. Our website is www.lokamotion.ca.