



Freeing the Neck and Shoulders

Awareness Through Movement® Feldenkrais Workshop

Instructor: Carolyn Townsend, Certified Feldenkrais®
Practitioner & Physiotherapist

Where: Yoga on York, 73 York Street, Fredericton

When: Saturday, August 18, 10am - 1pm

Cost: \$40 - Pre-registration is required

Contact: 506-461-6898 or ctown@nbnet.nb.ca

"Awareness Through Movement is a process of sensing, moving, inquiring, exploring and changing yourself. First through gentle movements and later through highly dynamic explorations you are guided to sense yourself, feel, and understand your limiting patterns, and discover expanded movement options. Ultimately, you develop inner understanding and access to your body's fluid, changeable and malleable possibilities." - OLENA NITEFOR

"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