

Lokamotion Walks!

Weekly Thursday Walks



Feldenkrais® Awareness Through Movement®

**Carolyn Townsend, Certified Feldenkrais®
Practitioner & Physiotherapist**

We will be walking for one hour. You can do more or less according to your ability. During our walks we will continue to cultivate our ability to be aware of how we move, discover some of our limiting habits and then introduce and integrate new ones. Please dress for the weather. Bring walking poles if you wish.

No cost!

Follow us on [Lokamotion Complementary Health Studio Facebook Page](#) or www.lokamotion.ca

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