

# Lower Extremities

Focusing on the Knees & Ankles

The Feldenkrais® Method

Six Week series of Feldenkrais® Lessons  
with  
Carolyn Townsend, Certified Feldenkrais® Practitioner  
& Physiotherapist

Wednesdays Jan. 16, 2019 - Feb. 20, 2019  
10am - 11:30, Cost \$100.00

Or

Saturdays Jan. 19 - Feb. 23, 2019  
11am - 12:30pm, Cost is \$100.00

Lokamotion Complementary Health Studio

151 Main Street, Fredericton

For more information please call

[461-6898](tel:461-6898) or [ctown@nbnet.nb.ca](mailto:ctown@nbnet.nb.ca).

Space is limited! Pre-registration required.

