

# Move Freely Without Pain!



- Gentle Moves Anyone Can Do- Surprising Results!
- Beat Osteoporosis! Improve Balance & Stability!
- Perfect Posture - No Effort!
- Free Your Back Neck & Shoulders!
- ALL GAIN, NO PAIN!

## Nov. & Dec. Feldenkrais® Classes

### Improve How You Move & Feel!

6-6:45 PM Nov. 5, 12, 19 Drop-in: \$18/class Wed.  
 Wed. 6-6:45 PM Dec. 3, 10, 17 3 evenings \$50  
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### Posture, Balance, Strong Bones!

Tu/Th 11:15 AM-Noon Nov. 4, 6, 11, 13 Drop-in: \$18/class 4 days \$65  
 Tu/Th 11:15 AM-Noon Nov. 18, 20, 25 3 days \$50  
 Tu/Th 11:15 AM-Noon Dec. 2, 4, 9, 11, 16, 18 6 days \$95  
 Tu/Th 11:15 AM-Noon Dec. 23, 30 2 days \$35

## Feldenkrais Individual Hands-On Sessions

- **Insurance Billing - Natural Health Center** (Hope Wing/Rick Abbott) **561-2330**
- **Insurance Billing - Alliance Chiropractic** (Rich Tieszen) **337-6770**
- **Private pay - Movement Options LLC Studio** **274-3539**

## Baja Baby Whales

*A 'Feel Good' Vacation!*

**Feldenkrais Retreat:** Gray Whales & newborn calves, Birding, Kayak, Hike, Snorkel, Fully Guided, Daily movement session, Feb 8-15, \$1795 + Sea of Cortez Islands Feb 5-8, \$855 **Both-SAVE \$75**

**Shari Lee, M.S. Certified Feldenkrais® Practitioner**

**Certified Bones for Life® Teacher & Trainer**

**907-274-3539**

**[www.FeldenkraisJourneys.com](http://www.FeldenkraisJourneys.com)**

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