



Alaska Adventure Charter

July 30-August 5, 2008

The Alaska You've Dreamed of.....In Comfort!



Overwhelming Beauty...

Active Adventure...

Exploration...

Wild Nature...

Relaxation & Fun!

with Shari Lee, Movement Options LLC

*"The thought of exerting myself and then having the body immediately rescued
a la FELDENKRAIS makes me smile!"* Dorothy

- ☀ 7 Day/6 Night Private "Mothership" Adventure. Just 8-12 guests!
- ☀ Stateroom Accommodation, Meals, Sauna
- ☀ All Activities: Kayak, Hike, Fish, Glaciers, Icebergs, Hot Springs, Bears, Whales, Beaches, Speed Boat, Rowing Skiff, Set Shrimp & Crab Pots...
- ☀ Daily FELDENKRAIS Movement Class. One Individual Session *featuring gentle moves for optimal performance & the ultimate satisfaction in how you move & feel!*
- ☀ **Free** Pre-trip Accommodation On-board, July 29th

SALE! Special Limited Time Offer! SALE!

\$3000/person triple when 3 register together OR **\$3550 pp t.o.** when less than 3 register together.

\$3650/person double when 2 register together OR **\$3850 pp d.o.** if less than 2 register together.

Group Rates: \$1895 pp when 9 book together, **\$2595 pp t.o./\$2995 pp d.o.** when 6 book together

50% deposit reserves your space.

Details & Registration: www.FeldenkraisJourneys.com

Send check to: Movement Options LLC, P.O. Box 140162, Anchorage, AK 99508

Shari Lee, M.S.

Certified *Feldenkrais*® Practitioner, Movement Therapist, *Bones for Life*® Trainer
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