

# Reclaim yourself through Feldenkrais® !!

## **Discover and recover:**

- ◆ Improved alignment
- ◆ Relief of chronic pain, stress and stiffness
- ◆ Comfort when using your computer
- ◆ More enjoyment when gardening
- ◆ Improved over all use of self

**Feldenkrais Course Description:** The teacher will verbally guide the class through a sequence of easy, relaxing, interesting, gentle and enjoyable movements intended to help develop a greater awareness of how you move. Each session explores different combinations of movements, resulting in increased range of motion, improved flexibility and coordination, and reduction of pain and discomfort. Safe and comfortable movements allow you to replace limiting patterns with more effective and satisfying possibilities that can help you to improve your life.

**Instructor Bio:** Charlotte Chavez has been a resident of the Healdsburg area since 1974. She was a clinical laboratory scientist for 30 years, spending her last 7 years in that profession at Healdsburg Hospital. She graduated from a four-year Feldenkrais training in 1999 and has since helped people affected by stroke, cerebral palsy, multiple sclerosis, post-polio syndrome, physical injuries, chronic neck, shoulder and/or back pain, as well as fibromyalgia. She has also helped people who simply wanted to improve their performance in sports, dance or playing a musical instrument.

**Fees:** Six consecutive lessons -- \$75  
Drop-in -- \$15 per lesson

**Time:** Wednesdays, 5:30-6:30 pm

**Place:** Healdsburg Yoga Studio  
459 Healdsburg Avenue in Healdsburg

## **Contact Information:**

**707-433-7674, or 291-9735**

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