

Feldenkrais®



Movement in Chairs

Presented by Charlotte Chavez

Movement in chairs can help you to organize yourself to:

- ❖ **Get down on the floor and reach to retrieve something**
- ❖ **Get up off the floor with ease and grace, once you've gotten down there**
- ❖ **Easily turn to look behind you while driving**
- ❖ **Help you improve your golf swing, swim stroke, or any favorite (or "unfavorite") activity**

Most pain comes from poor movement habits. Being aware of how you move and knowing how to improve it is essential for effective, lasting change.

These classes can:

- ❖ Increase your ease and range of motion
 - ❖ Improve posture and breathing
- ❖ Relieve chronic pain and generally create a sense of well-being
 - ❖ Reduce stress, tension, and fatigue
- ❖ Develop efficient and flexible movement, regardless of your age
 - ❖ Help free yourself from habitual patterns
 - ❖ Enhance the quality of your life!
 - ❖ Greatly improve your balance

Gentle, yet powerful movements, done while sitting in a chair

Location: 8450 West Dry Creek Rd
Dry Creek Valley Studio

Day and Time: Wednesdays, 10-11am

Cost: \$50 for the series of 4 classes, or drop-in fee of \$15 per class

To register, call Charlotte Chavez at 433-7674