



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOVEMENT IS THE KEY TO LIFE

**FELDENKRAIS METHOD 6-WEEK  
WORKSHOP SERIES IS COMING BACK TO  
THE Y!**

**WEDNESDAYS 11:30–12:30 PM IN HOT YOGA STUDIO  
JANUARY 10TH THROUGH FEBRUARY 14TH  
\$60 FOR MEMBERS/\$90 FOR NON-MEMBERS (SIX SESSIONS)**

**\*SINGLE CLASS DROP IN OPTION AVAILABLE**

## **Workshop Information:**

- Instructed by John Vladimiroff—Feldenkrais practitioner
- Mind, body integration
- Sensory motor learning
- Train the brain to control the muscles
- Body awareness improves action and movement
- Functional integration with tactile kinesthetic communication
- Register at Welcome Center—space is limited!
- Contact [bmitchell@woodriverymca.org](mailto:bmitchell@woodriverymca.org) for more info

