

Rediscover Youthful Movement
FELDENKRAIS METHOD[®] of Movement Education
Awareness Through Movement[®] Classes with Ellen Sevy



Mornings

10 TUESDAYS
Sept. 15 – Nov. 17

9:30 – 10:30 AM
In-Spiraling Movement Arts

Evenings

10 WEDNESDAYS
Sept. 16 – Nov. 18

6:00 - 7:00 PM
RIE Studio

By Exercising Your Options you can learn to:

- Improve your Posture, Flexibility, Balance, Coordination & Thinking Capabilities.
- Recognize Habits that Lead to Tension, Stress, and Pain.
- Promote Graceful Aging – Look Better and Feel More Relaxed.
- Fine Tune Athletic and Artistic Performance Abilities.
- Regain Lost Function Resulting from Orthopedic or Neurological Challenges.

ELLEN SEVY, BA, GCFP, is a Guild Certified Feldenkrais Practitioner^{cm}, Gyrotonic[®] and Yoga Instructor. Formerly a professional dancer, she has worked in the field of movement education for over 35 years.

INFORMATION

310.795.0243

ellen@informotion.biz
www.informotion.biz

REGISTRATION

10 week series \$200. Register by midnight on 8/7/15 to receive a \$30 discount.
Send payments to Ellen Sevy, P.O. Box 3096, Santa Monica, CA. 90408.

In-Spiraling Movement Arts: 2001 S. Barrington Ave. Suite 115 (just N. of Olympic) WEST LA
RIE Studio: 2901 Ocean Park Blvd. Suite 121 (Entrance on 30th St) SANTA MONICA
Parking is available on the street & in parking garages. Both FREE & PAY OPTIONS available.

Cancellation policy: There is a 15% non-refundable administration charge. If you cancel 15 days prior to the workshop you are eligible for a refund minus the administration fee. From 14 days before the workshop there will be no refunds or credits, but you may send someone else in your place.

The terms Feldenkrais[®], Functional Integration[®], Awareness Through Movement[®], Feldenkrais Method[®], are registered service marks. Guild Certified Feldenkrais Practitioner^{cm} is a certification mark of the Feldenkrais Guild[®] of North America.

Private Session Also Available