

Rediscover Youthful Movement  
**FELDENKRAIS METHOD<sup>®</sup>** of Movement Education  
*Awareness Through Movement<sup>®</sup> Classes with Ellen Sevy*



<p><i><b>Mornings</b></i> <b>12 TUESDAYS</b> <b>Jan 10 - March 27</b></p> <p><b>10:45 - 11:45 AM</b> <i>ANGEL CITY BODY KINETICS</i></p>	<p><i><b>Evenings</b></i> <b>12 WEDNESDAYS</b> <b>Jan 11 - March 28</b> <b>6:00 - 7:00 PM</b></p> <p>OR <b>7:00 - 8:00 PM</b> <i>ANGEL CITY BODY KINETICS</i></p>
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*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<sub>cm</sub>, Gyrotonic<sup>®</sup> and Yoga Instructor. Formerly a professional dancer, she has worked in the field of movement education for over 30 years.*

INFORMATION

**310.795.0243**

REGISTRATION

ellen@informotion.biz

www.informotion.biz

12 week series \$150 (*early bird discount*) if received by 12/15/2011. \$180 thereafter.  
Send payments to Ellen Sevy, P.O. Box 3096, Santa Monica, CA. 90408.

Angel City Body Kinetics is located at 4143 Glencoe Ave. in Marina Del Rey.  
Parking is available on the street for FREE.

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<sup>®</sup>, Functional Integration<sup>®</sup>, Awareness Through Movement<sup>®</sup>, Feldenkrais Method<sup>®</sup>, are registered service marks. Guild Certified Feldenkrais Practitioner<sub>cm</sub> is a certification mark of the Feldenkrais Guild<sup>®</sup> of North America.

*Private Session Also Available*