

A public Feldenkrais® workshop with Ellen Sevy, GCFP

Breath Workout

- Learn the INs and OUTs of breathing well.
- Be adaptable in any situation.
- Discover how slow, gentle movements can improve your breathing capabilities and quality of life.
- Relax and recharge

Ellen has been a Guild certified Feldenkrais Practitioner_{cm}, since 1996, with private practices in West LA/Santa Monica and Santa Cruz CA. In addition she has worked in a number of Physical Therapy Clinics, and Kerlan-Jobe Orthopaedic Clinic. Formerly a Professional Dancer and Yoga Instructor she has been exploring and teaching movement since 1977. Ellen is proud to say she has been breathing in and out now for 50 years.

Ellen Sevy, P.O. Box 3096, Santa Monica, CA. 90408

INFORMATION

310.795.0243

REGISTRATION

ellen@information.biz

www.information.biz

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® Fuctional Integration®, Awareness Through Movement®, Feldenkrais Method®, are registered service marks. Guild Certified Feldenkrais Practionercm is a certification mark of the Feldenkrais Guild® of North America.

Private sessions are also available