

Feldenkrais® for Yoga

Shining New Light on an Ancient Practice



with Ellen Sevy

Sundays 1:00 - 2:30pm

Jan 22, Feb 12, March 18, April 1

Take one, any, or all classes. Appropriate for all levels and abilities. Space is limited, please pre-register.

\$30 each

Early-bird \$5 discount if pre-registered by the preceding Monday.

The Feldenkrais Method® of movement education provides an opportunity for you to reinvent how you experience yourself in your yoga practice. Each class will shine new light on a particular posture or group of postures. By improving your understanding of your body's architecture you will promote greater comfort, ease and safety, while experiencing increased joy and interest both on and off your mat.

Ellen Sevy (BA, GCFP), is a Guild Certified Feldenkrais Practitioner^{CM}, Gyrotonic® teacher, yoga instructor and professional dancer/teacher. She began teaching dance and yoga in 1980. In 1994 she began offering Feldenkrais® classes and found it to be successful in promoting a more graceful and informed yoga practice. Ellen loves exploring movement and believes a healthy relationship with movement is necessary for overall wellness. For more information about Ellen or The Feldenkrais Method® visit, www.informotion.biz

The terms Feldenkrais® and Feldenkrais Method® are registered service marks. Guild Certified Feldenkrais Practitioner^{CM} is a certification mark of the Feldenkrais Guild of North America.

Workshop Policies: Pre-pay at least one week in advance for the lower price. If you cancel more than 24 hours prior to the start of the workshop, you will receive a full refund. With less than 24 hours notice, you will receive a store credit. After the workshop has started, no refunds or credits are issued. For courses which meet more than once (series), restrictions apply to the series as a whole and cancellations must be made prior to the first meeting. No credit or make-ups are given for missed sessions.

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