

Planting Seeds of Change

Two separate Feldenkrais® Awareness Through Movement® workshops with **Ellen Sevy** for people who want to garden more comfortably.

Do you feel stiff or achy after working in your garden?

- **Weed out ineffectual muscular habits that lead to fatigue, aching and pain.**
- **Reap the benefits of learning to dig, reach and pull efficiently and safely.**
- **Harvest new ideas about commonly used postures such as squatting, bending or kneeling.**
- **Cultivate comfort and ease as you unearth new ways to move.**

By nurturing your ability to tend to how you move while you work, you can make the "labor of love" that is gardening more about love and less about labor.

Ellen is a Guild Certified Feldenkrais Practitioner^{cm} with private practices in Santa Monica/West LA and Santa Cruz, CA. She has also been part of the Pain Management Team at Kerlan-Jobe Orthopaedic Clinic. Formerly a professional dancer and yoga instructor, she has been exploring and teaching movement since 1977. A well-known California gardener, she has transformed many sites from crab grass and ivy to beautiful Monet-like landscapes.

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Information

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Registration

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.

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Private sessions are also available