

# Yoga & Beyond

*Mindful Movement for an Effortless Practice*

*2 separate half-day Feldenkrais® workshops with Ellen Sevy, GCFP*

## ***A Fresh Look At “Downward Facing Dog”***

- Learn new ways to feel lighter and more pliable in your chest and shoulders.
- Experience how to better balance your weight between your hands and feet.
- Reduce joint and muscle strain, allowing this pose to become one you can more easily rest in, hold, or transition through.

This workshop is appropriate for all those who practice or want to practice yoga.

## ***Grounding Your Standing Poses***

Learn how to bring strength and balance to your standing poses with less force. Your feet are your foundation and your skeleton the scaffolding for all standing asanas. Old injuries and lack of movement education can contribute to uncomfortable and stressful postures. No matter what your level of practice, you can improve your standing poses .

INFORMATION

**310.795.0243**

ellen@informotin.biz  
www.informotion.biz

REGISTRATION

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

*For the past 30 years Ellen's interest and love for movement has led her on a journey which has included Professional Dancer, Feldenkrais Practitioner<sub>cm</sub>, and well-loved Yoga Instructor. Utilizing her in depth knowledge of how human bodies are designed to move safely and efficiently she has assisted many yoga students to avoid and recover from injury.*

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Please bring a Yoga Mat

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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<sub>cm</sub> is a certification mark of the Feldenkrais Guild® of North America.

*Private sessions are also available*