

# IMPROVE EVERY MOVE YOU MAKE

*“Movement is Life. Life is a process.*

*Improve the quality of the process and you improve the quality of life itself.”*

*– Moshe Feldenkrais*

## **Feldenkrais Method® Awareness Through Movement® Classes**

**Presented by Ellen Sevy, Lisbeth Davidow and Sherry Weinman**

**10 Tuesdays, Jan. 16th - Mar. 20th, 2018, 6-7pm**



**10 week series \$200. \$30 discount for payments postmarked by 12/1/17**  
**RIE Studio - 2901 Ocean Park Blvd. Suite 121 Santa Monica, CA (Enter on 30th St.)**  
**Bring your own blanket or mat**