

FELDENKRAIS METHOD®

Free intro – July 22 and 27

Instructor: Osa Jackson Schulte PhD, PT

Come and look at the research – this is clinically effective and financially cost effective

What people say about Feldenkrais®?

“ learning to move feels easier, sense balance strategies more quickly”

“I’ve discovered how to relax and breathe as I move. That builds my confidence in every aspect of my life.”

What Makes Feldenkrais® Unique?

Start the learning relationship by building on person’s point of view

Time and place: 6:30-8:30pm 5386 Bronco Clarkston, Call to register 248.922.9234 (pre-registration required)

www.feldenkraistrainingmhc.com