

Feldenkrais Method  
Awareness Through Movement  
2017 Winter Term

**ATM Weekly Class Schedule**

**with Diane & Arnie Lade**

An astounding variety of functional movement patterns that keep  
your brain and body lively and grounded!

◆ Monday 5 - 6 pm ◆

January 16 - March 27

11 Weeks \$190.00

◆ Wednesday 7 - 8 pm ◆

January 18 - March 29

11 Weeks \$190.00

◆ Friday 10:45am - Noon ◆

January 20 - March 31

11 Weeks \$210.00

Students may make up missed classes where space allows, in the same term.

Students may join classes at any time during the term, if space available.

All prices include GST. We specialize in small classes for a personalized educational experience.

Pre-registration is essential as space is limited.

Please reserve space by sending/dropping off a cheque made out to the teacher.

Find audio sample classes and further information on the Feldenkrais Method  
on our website [www.greenspiritresources.com/feldenkrais](http://www.greenspiritresources.com/feldenkrais)  
or visit the Feldenkrais Guild of North America website [www.feldenkrais.com](http://www.feldenkrais.com)

**“Through awareness we can learn to move with astonishing lightness and freedom at almost any age and thereby improve our living circumstances, not only physically ... but emotionally and spiritually.”** Dr. Moshe Feldenkrais