



1822 Oak Bay Avenue, Victoria, BC
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www.greenspiritresources.com

Feldenkrais Method Awareness Through Movement 2012 Winter/Spring Term

ATM class series:

◆ **Wednesday 7 pm** with Arnie Lade – Jan 11 - Mar 28
12 Weeks \$210

◆ **Friday 11 am** with Diane Lade – Jan 13 - Mar 30
12 Weeks \$210

Note: The reduced cost for attending both classes is \$320.
Students may join classes at any time during the term, if space available.
All classes approximately one hour long.

All prices include HST. We specialize in small classes for a personalized educational experience. Pre-registration is essential. Please reserve space by sending/dropping off a cheque made out to the teacher.

Find further information on the Feldenkrais Method on our website
www.greenspiritresources.com/feldenkrais or visit the Feldenkrais Guild of North
America website 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