



1822 Oak Bay Avenue, Victoria, BC

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[www.greenspiritresources.com](http://www.greenspiritresources.com)

# Awareness Through Movement

## **WEEKLY ATM class series: May 5 - August 25**

For this series, fee can be prorated for students who will be away part of term.

Start anytime. Drop-in if space available. Classes approximately one hour.

Tuesday and Thursday classes will resume in September.

12 week series - \$186

◆**Friday 11am** with Diane Lade – starts June 4 - August 20

## **WEDNESDAY Classes: with Jamie van Dam; May 5 - June 30 and August 4 - 25**

\$200 for 13 classes - or prorated as above - Drop in by arrangement with teacher

◆**6-7pm Back to Your Knees**

◆**7:30-8:30pm All About Breathing**

## **SUNDAY WORKSHOPS: 10am – 2pm**

Note July rate change.

If we receive your cheque by the previous Tuesday, fee is reduced by \$10.

Wear comfortable layers. Bring a snack for short breaks.

◆**June 27 More About Shoulders** – Diane Lade - \$65

◆**July 18 Mindfulness in Motion** – Arnie Lade - \$68

**All prices include GST, and HST starting in July. 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.**

For workshop descriptions please return to our web schedule page

[www.greenspiritresources.com/schedule.html](http://www.greenspiritresources.com/schedule.html) and for further information on the Feldenkrais

Method [www.greenspiritresources.com/feldenkrais.html](http://www.greenspiritresources.com/feldenkrais.html)

*“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*