Feldenkrais Method® –
Improve How You Move

Presenter: Terri Rossi

- Guild Certified Feldenkrais Practitioner®
- Board Certified Therapeutic Massage & Bodywork
- Licensed Massage Therapist
- Certified Intraoral Therapist
Today you are you, that is truer than true. There is no one alive who is youer than you.

-Dr. Seuss
Trauma Affects Your WHOLE Body

• Pain
• Restriction
• Fatigue
• Withdrawal
Therapeutic Help

More Rigorous

Physical therapy, Pilates®, exercise
Massage therapy, Structural Integration®, Rolfing®
Yoga, Tai Chi, meditation

More Gentle

Feldenkrais Method®
A Feldenkrais® Lesson...

Explores variations of common actions like –

• walking
• reaching
• twisting
• getting into/out of a chair

to help brain *discover and then replace* faulty movement patterns.
Who Can Benefit?

Any one... Any where... Any age... Any ability
Why Use Feldenkrais?

• Gentle
• Easy
• Fast results –
  • improve physical abilities
  • improve mental abilities
  • restore dignity and self-reliance
1 Feldenkrais session
1 Feldenkrais session
6 Feldenkrais sessions
A Feldenkrais® Lesson...

Changes lifelong unconscious habits of —

• *learned skills*
• *repetitive actions*
• *injuries and surgeries*
Unbound!

Audio lesson series
by Alice Brydges,
Feldenkrais® practitioner

www.AchievingExcellence.com

Save 10% – Use code UNBOUND18
Expires October 21, 2018
Empower Your Mind and Body!

Enjoyable 4-Class Feldenkrais® Series
Gig Harbor, WA

Sundays 11:00 am – noon  AM Group
1:00 – 2:00 pm  PM Group

August 19
September 9
September 23
October 28

Don’t wait!  Click BookNow at
www.BestBodyMoves.com
‘friendly size’ limited enrollment

You are **Stronger** than you seem, **Braver** than you believe, and **Smarter** than you think you are

-Dr. Seuss, Winnie the Pooh