

Feldenkrais®

*Awareness Through Movement®*

*Underground*

**Spring 2020**

**Weekly Zoom Class Schedule**

**with Diane & Arnie Lade**

◆ Monday 4:45 - 5:45 pm ◆  
Apr 20 - Jun 29

◆ Wednesday 7 - 8pm ◆  
Apr 22 - Jun 24

No charge for online classes during the pandemic.  
Donations gratefully accepted.

Please register to receive the link to join, at [arnielade@shaw.ca](mailto:arnielade@shaw.ca)

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***

**Greenspirit**  
HEALTH & MOVEMENT RESOURCES

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