

Feldenkrais®

*Awareness Through Movement®*

**Underground**

## **Fall 2020 Zoom ATM Classes**

**with Diane Lade**

A delightful variety of functional movement explorations to awaken and enliven your brain, your body and your life!

**Mondays 4:45-5:45pm, Sept 28 - Dec 14,  
12 classes, sliding scale \$80 - \$240**

## **Trauma Recovery - Basic Resources**

At times we experience overwhelm of our ability to take care of ourselves. Whether trauma is developmental or event-based, these Feldenkrais skills will help to recover resilience and to build the sense of safety, containment and connection that empowers us to move more confidently into life.

**Mondays 3pm - 4:15pm, Oct 19 - Nov 23,  
6 classes, sliding scale \$60 - \$120**

Please register by email to [arnielade@shaw.ca](mailto:arnielade@shaw.ca) and send etransfer to same.

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