

Feldenkrais®

Awareness Through Movement®

Underground

Spring 2021 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, Apr 12 - Jun 28,

11 classes, sliding scale \$70 - \$220

(no class May 24)

Please register by email to 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

250 519-1030 arnielade@shaw.ca

www.greenspiritresources.com