

Feldenkrais®

*Awareness Through Movement®*

**Underground**

## Fall 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, Sept 20 - Dec 6**  
**11 classes, sliding scale \$70 - \$220**  
(no class Oct 11)

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

250 519-1030 [arnielade@shaw.ca](mailto:arnielade@shaw.ca)

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