

Feldenkrais®

*Awareness Through Movement®*

**Underground**

## Winter 2022 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, Jan 10 - Mar 21,  
11 classes, sliding scale \$70 - \$220**

## 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 and other somatic 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 7pm - 8:15pm, Jan 17 - Feb 28,  
7 classes, sliding scale \$60 - \$140**

Please register by email to [arnielade@shaw.ca](mailto:arnielade@shaw.ca) and send e-transfer 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)