

Feldenkrais®

*Awareness Through Movement®*

**Underground**

## Spring 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!

### New Times!

**Mondays 11 - 12am, Apr 11 - Jun 27,  
12 classes, sliding scale \$75 - \$240**



**Mondays 4:30-5:30pm, Apr 11 - Jun 27,  
12 classes, sliding scale \$75 - \$240**

Please register by email to [adlade@shaw.ca](mailto:adlade@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***

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