

Feldenkrais®

Awareness Through Movement®

Underground

Fall 2022 ATM Classes

with Diane Lade

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

LIVE CLASS!

Mondays 11 - 12am, Sept 19 - Dec 5

11 classes, sliding scale \$75 - \$220

(No class Oct 10)



ZOOM CLASS

Mondays 4:30-5:30pm, Sept 19 - Dec 5,

11 classes, sliding scale \$75 - \$220

(No class Oct 10)

Please register by email to 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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