

Feldenkrais®

*Awareness Through Movement®*

Underground

## Winter 2023 ATM Classes

with Diane Lade

### TWO LIVE CLASSES!

Mondays 11 - 12am, Jan 16 - Mar 27

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

(11am Class is Full)



Mondays 1 - 2pm, Jan 16 - Mar 27

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



### ZOOM CLASS

Mondays 4:30-5:30pm, Jan 16 - Mar 27,

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

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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