

Feldenkrais®

Awareness Through Movement®

Underground

Spring 2023 ATM Classes

with Diane Lade

TWO LIVE CLASSES!

Mondays 11 - 12am, Apr 3 - Jun 12

9 classes, sliding scale \$75 - \$180

(11am Class is Full)



Mondays 1 - 2pm, Apr 3 - Jun 12

9 classes, sliding scale \$75 - \$180



ZOOM CLASS

Mondays 4:30-5:30pm, Apr 3 - Jun 12

9 classes, sliding scale \$75 - \$180

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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