

FELDENKRAIS®

AWARENESS THROUGH MOVEMENT®

All about Breathing

Exploring a fundamental aspect of your being - Breath - is crucial to mental health and physical wellness.

In this class series you will be invited to learn how to fully expand, contract and **relax your breath and whole body**. The movement explorations are peaceful and dynamic, developing awareness and a deeper capacity for **attention to yourself**.

Sources: Russell Delman and Lama Mark Webber

When: May 5 to June 30 and August 4 to 25

Where: Greenspirit Health & Movement Resources, Oak Bay, Victoria

Time: Wednesdays from 7:30 to 8:30 PM

Cost: \$200 for 13 weeks or prorated or Drop in at \$18

Call.....250 472 8399

