

# FELDENKRAIS®

AWARENESS THROUGH MOVEMENT®

WITH JAMIE VAN DAM



*photographer: healingdream*

## **BACK TO YOUR KNEES**

Throughout this class series we will focus on increasing movement and awareness in your core, legs and feet. Using **guided movement lessons** on standing, squatting and sitting you will have an opportunity to **develop flexibility & mobility** and reduce pain from your back to your knees to the whole of yourself.

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

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

**Time:** 6 to 7 PM on WEDNESDAYS

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

**CALL:** 250 472 8399