



1822 Oak Bay Avenue, Victoria, BC

250 519-1030

www.greenspiritresources.com

Awareness Through Movement

WEEKLY ATM class series: January 6 – April 2

12 Week term: One class per week \$186- *or* Two classes per week \$288-

Students may join classes at any time during the term, if space available. Classes approximately one hour.

- ◆ **Tuesday noon** with Diane Lade – a gentle class, suggested for beginners and those with pain, experienced students welcome – starts Jan 12
- ◆ **Thursday 7pm** with Arnie Lade – starts Jan 14
- ◆ **Friday 11am** with Diane Lade – starts Jan 15

WEDNESDAY Extended Classes: with Jamie van Dam

Four Two-hour classes \$112 - Drop in by arrangement with teacher - 7 - 9pm

- ◆ **January 6, 13, 20, 27**
- ◆ **March 3, 10, 17, 24**

SUNDAY WORKSHOPS: 10am – 2pm

\$65- *If we receive your cheque by the previous Tuesday, fee is reduced by \$10.*

Wear comfortable layers. Bring a snack for short breaks.

- ◆ **Jan 24 See, Taste, Touch** – Eye, Mouth, Hand Connection - Jamie van Dam
- ◆ **Feb 14 Introduction to ‘Awareness Through Movement’** – Diane Lade
- ◆ **Mar 7 All About Shoulders** – Diane Lade
- ◆ **Mar 21 Meditation Through Feldenkrais** – Jamie van Dam

All prices include GST. We specialize in small classes for a personalized educational experience. Pre-registration is essential. Please reserve space by sending/dropping off a cheque made out to the teacher.

For workshop descriptions please return to our web schedule page

www.greenspiritresources.com/schedule.html and for further information on the Feldenkrais Method www.greenspiritresources.com/feldenkrais.html

“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