

Moving Matters presents:

The FELDENKRAIS Method®

An innovative approach to movement and health developed by Dr. Moshe Feldenkrais.

Improve your ability to move, work and play!

Enjoy ease, pleasure and efficiency in any activity by improving the biomechanics of your movement. Learn to use awareness to improve your performance. This subtle, sophisticated approach is effective in preventing injury, promoting natural movement in creative expression and enhancing overall health.



Jennifer Herzog is a certified Feldenkrais Practitioner and Yoga Teacher. She brings over 12 years of experience in teaching movement and working with individuals, including professional performers, seniors and children. Jennifer brings warmth, creativity and enthusiasm to her teaching. She empowers others to reconnect with their own potential for growing, healing and learning.

“Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself.” – Moshe Feldenkrais

www.feldenkraisalgary.com/www.feldenkrais.com

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AWARENESS THROUGH MOVEMENT® Group classes

At WESTHILLHURST COMMUNITY CENTRE

Thursday evenings 7:30-8:30pm

September 22 to December 1, 2011 (no class October 6)

\$150 for 10 week session. Contact Jennifer for Drop In information.

*"I learned to release tension in my movements, improving my perceptions and my dancing"
principle dancer, Alberta Ballet*

*"a movement system that is gentle, yet powerful in its' effects, even after one session. Results
in my playing were immediate i will definitely be taking more classes in the future. " Sharon
Omura, pianist*

*"...I went to so many osteopathic and chiropractic sessions and none gave me this much relief. I
will certainly be at your classes." administrator*

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**FUNCTIONAL INTEGRATION® private movement lesson tailored to your needs
and goals**



*A **Functional Integration** private movement
lesson*



***Awareness Through Movement** class*

Contact Jennifer Herzog to arrange your appointment or classes.

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