The Ribs
A Treasure Chest

RIB CAGE......Our language impacts our self image. Unlike our hands and feet, most of us don’t have a felt sense of the ribs. When we are taught that we have a cage of ribs that protects our vital organs we embody the cage and restrict much of the potential movement of the trunk. Without the buoyancy of the ribs to absorb the ground force of walking, running, etc. our other joints take a toll. When the chest becomes, pliable and responsive something changes in our breath and our sense of well being. Our exploration will be from many perspectives: doing, feeling and observing movement. If you are interested in understanding yourself and the way you move on a deeper level, The Feldenkrais Method is an invaluable tool. This workshop is for anyone who wants to reconnect with their natural ability to move, think, feel and learn. Kelly Feder is a Certified Master Teacher of the Feldenkrais Method.

The Feldenkrais Method®
SUNDAY WORKSHOP

WHEN Sunday, July 30th, 2017
12:30 p.m.-4:00 p.m.

WHERE the Studio in Eureka
113 W. 5th Street (63025)

FEE $55 EarlyBird (pd. by 7/12)
$65 after early bird date

REGISTER Kelly at 314-563-1266 or kelly@FeldenkraisMovementSTL.com