

# AWARENESS THROUGH MOVEMENT®

Awareness Through Movement is a tool to improve functioning on all levels, enabling the potential for spontaneity and flexibility at any given moment. *Dr. Chava Shelhav, PhD*

*Increase Spontaneity  
Increase Flexibility  
Increase Creativity  
Increase Logic*

*Reduce Anxiety  
Reduce Pain  
Reduce Fear  
Reduce Stress*

*Increase Awareness  
Increase Enjoyment of Life*

## Awareness Through Movement® Lessons

taught by

**Craig Stubbs, LMT** MA30018

Feldenkrais Guild of North America Authorized Awareness Through Movement® Instructor

**Wednesday Evenings June 3 through August 12 (except  
July 29) 7:15- 8:15 PM**

Cost : \$12 single for a class, \$50 for 5 classes, \$90 for 10 classes

**Abundance Wellness Center** MM19422

325 John Knox Road Tallahassee, FL Building T, Suite 1

Please check our web site for other activities [www.awc-tallahassee.com](http://www.awc-tallahassee.com)

Please call Craig Stubbs to ensure a space before attending **850-591-2585**