

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

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