

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

Reduce Anxiety

Increase Flexibility

Reduce Pain

Increase Creativity

Reduce Fear

Increase Logic

Reduce Stress

Increase Awareness

Increase Enjoyment of Life

Awareness Through Movement® Lessons

taught by

Craig Stubbs, LMT MA30018

Feldenkrais Guild® of North America Certified Feldenkrais Practitioner™

Tuesday Evenings

7:00 - 8:00 PM

Thursday Mornings

11:00 AM - 12:00 PM

Cost: \$12 for a single 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