

# Margot's Head to Toes *Feldenkrais*<sup>®</sup> Workshop

Reduce Pain, Move Efficiently, Improve Balance & Coordination

## Shoulders, Hands & Arms Workshop

Sunday, **June 20<sup>th</sup>**

12:00 – 2:00pm

Are you challenged by repetitive stress or range of motion issues?  
stiffness or pain in the shoulders, hands or arms?

Learn to reduce pain, increase movement, and connect hands and arms to the rest of the body, providing power for physical labor, sports and stress-free computer use.

**Cost:**

\$25 per workshop pre-paid,  
\$40 at the door.

**Location:**

Bodyworks Yoga, 490 2<sup>nd</sup> St. Petaluma, CA 94952

**Register:**

[Margot@margotschaal.com](mailto:Margot@margotschaal.com)

**707-292-1147**

*Feldenkrais* retrains the nervous system through gentle movement exploration, creating new habits and reducing limitations. It has helped people improve their physical abilities, mental acuity, personal relationships and to move in a more natural and conscious way. Students learn to improve coordination, increase range of motion, balance muscle tone, lengthen the spine, and coordinate and integrate movement.

GROUP CLASSES FOR YOUR COMPANY, ORGANIZATION OR CHURCH  
ONGOING CLASSES AT KAISER AND BODYWORKS  
INDIVIDUAL LESSONS AT OFFICES IN PETALUMA & FAIRFAX

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