

# Feldenkrais® Institute Northwest

Presents:

## The Enchanted Orchestra:



### Seven Evenings of Movement, Mystery, and Discovery.

The conductor raises his wand, his mind focused and his intention clear. With the slightest gesture, the orchestra responds. Connected by a mysterious process of sight, sound, and sensation, they become one with the current symphony. So it is with our body and mind, until our nervous system becomes out of tune. Suddenly we may experience chronic pain, poor balance, and increased injury.

Take an hour out of your frantic weekly schedule for this seven week series to explore and discover how you currently conduct your own life orchestra. Learn new possibilities of tuning and refinement to relieve or eliminate chronic pain, assist injury recovery, and improve your mental capacity for focus and awareness. I will teach this series on three different evenings of the week, please choose the evening that works best for you and register by calling **(425) 890-8756**. Space is limited to six persons per evening.

Our main tuning instrument will be The Feldenkrais Method®, developed specifically for the education and refinement of the human nervous system. Practitioners have utilized this method for over half a century to relieve posture related conditions such as chronic pain, poor sleep, and compromised balance. With a focus on a higher level of function, The Feldenkrais Method® is very effective in stroke and accident rehabilitation as well as advancing the skills of performing artists and athletes. These gentle and easy Yoga-like Awareness Through Movement® lessons are for everyone, and require no special level of ability.

**Classes will be held from 6-7 PM at 17311 NE 135<sup>th</sup> Ave Suite B-800 Rm. C Woodinville, WA 98072**

**Mondays -August 10<sup>th</sup> to September 21<sup>st</sup>, makeup session available for missed class.**

**Wednesdays – August 12<sup>th</sup> to September 23<sup>rd</sup> makeup session available for missed class.**

**Fridays – August 14<sup>th</sup> to September 25<sup>th</sup> makeup session available for missed class.**

**Cost: \$90. Cancellation Policy: 48 hours notice, 90% refund, 24 hours 40% refund. Drop-in \$15 per class.**



I look forward to seeing you in class,

Michael E. Doren, GCFP, [mike@michaeledoren.com](mailto:mike@michaeledoren.com) **(425) 890-8756** [www.feldenkraisnorthwest.com](http://www.feldenkraisnorthwest.com)

10% of the proceeds of these classes will be donated to charity. The selected charity for this series is the Seattle YMCA. For further information on making additional donations, please contact Jill Crisafulli, Executive Director, Seattle YMCA. (206) 769 7961.

