



There's No Pill for Posture!

Pain Relief and Higher Function Using the Pleasure of Every Day Actions!

Using Feldenkrais & Bones For Life Lessons

3 FREE Interactive Presentations

When:

Where:

**Sat., Feb. 18 @ 10-11:30 am
or @ 6 - 7:30 pm**

**Community Church of Monterey
(4590 Carmel Valley Rd.)**

Sun., Feb.19 @ 4 - 5:30 pm

Bring your friends & loved ones!

**Chronic Pain? Balance Problems?
Does exercising make things worse?
No lasting positive results from traditional therapies?**

An essential path to long-term pain relief, improved balance and vitality is pleasurable, intelligent movement. Come explore how your everyday movements perpetuate pain or create effortless strength. The gentle movements of the Feldenkrais Method® release back and neck pain while instantly improving your function & alignment: the key to dynamic, pain-free living.

This event is experiential and educational. Dress comfortably.

Arrive curious. Leave informed and feeling better.

With Kalyani GilliamSalman, LAc.
Rolfier/Feldenkrais Practitioner/TCM Acupuncturist/Bones for Life Mentor - 25 years experience

Better Movement Will Change Your Brain, Heal Your Pain

BonesForLife.com

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MoveMentor.com