



Better Movement Will Change Your Brain; Heal Your Pain

Feldenkrais® Lessons Awareness Through Movement®

Using Bones For Life® and Feldenkrais Method® Lessons
with **Kalyani Gilliam-Salman, LAc./Rolfar/Feldenkrais Practitioner/Bones For Life Mentor**

13 MONDAYS 5:15-6:15pm

(Aug.15, 22, 29, Sep.19, 26, Oct.3, 17, 24, Nov.7, 21, 28 Dec.5, 19)

and

WEDNESDAYS 1:30-2:30pm

ATM lessons consist of verbally directed movement sequences that evolve into movements of greater range and complexity. You'll engage in precisely structured movement explorations that involve thinking, sensing, moving and imagining. This gradual, attentive development of function is the key that re-patterns your nervous system and stimulates improved brain function.

The cues of your unique system help you discern movements that work well from those that create stress. ATM shows you how to let your intrinsic movement intelligence simultaneously diagnose problems while entraining positive therapeutic changes to your neuromuscular system.

In short: You'll feel better and know how to keep that feeling!

This class will benefit those who:

- want to learn how to use pleasurable movement to release tension/trauma patterns,
- have been on the roller coaster of rehab/injury/exercise/rehab...
- are negatively challenged by their traditional workout routine,
- are ready to listen to their body at a refined level to entrain optimal healthy function.

Where: Monterey Community Church – Chapel (One mile into Carmel Valley)

Fee: Intro Class rate: \$ 5; Single Class: \$15

Monthly cards: \$ 12 per class (4 class min; valid for 30 days)

831- 626-3662

[www. MoveMentor.com](http://www.MoveMentor.com)