



Exercise Smarter - Not Harder!

FeldyMAT Class

Feldenkrais® Meets Pilates

with Kalyani GilliamSalman, LAc.

Bones For Life Mentor / Rolfer / Feldenkrais Practitioner- 25 years experience.

Fridays, 10-11 a.m.

(Check website for excluded dates)

This Feldy/MAT class will work to strengthen your core while refining your movement intelligence. This class combines Feldenkrais® movement lessons with MAT Pilates to create a personal practice that will build core stamina without injury or strain.

This class will benefit those who:

- want greater core strength,
- have been on the roller coaster of rehab/injury/exercise/rehab....
- are negatively challenged by their traditional workout routine,
- are ready to take their body to a refined level to entrain optimal healthy function.

Replace the ideas of "powering through it" or "no pain, no gain!" with intelligent movement. This class blends the strengthening potential of Pilates with the intelligent movement principles of the Feldenkrais Method® to enable sustainable elongated strength that readily supports your everyday actions. Exercise that reaches for optimal function while honoring your subjective organization will evoke structural integrity, improved alignment and balance. You'll become familiar with how to best organize yourself for strength that will improve other exercise classes you may attend.

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

Fee: Intro Class rate: \$ 5.; Single Class: \$15
Monthly cards: \$12/class (4 class min; valid for 30 days)

www.MoveMentor.com

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