



Yoga's asanas (postures) meet the wisdom of Feldenkrais.®

Feldy YOGA

with Kalyani GilliamSalman, LAc.

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

Thursdays 6 -7 p.m.

(Check website for excluded dates)

Truth: No two bodies move in the same way or possess the same histories or exact abilities. Leave the quest for perfect yoga postures based on a cookie cutter mentality of how it's "supposed to look" and you will attain the sensitivity needed to attend to the uniqueness of your system. Yoga combined with the intelligent movement principles of the Feldenkrais Method® will enable you to explore the world of yoga, receive the benefits while avoiding strain or injury! Enter a realm of pleasurable yoga that follows the wisdom of YOUR unique patterning. Old traumas and habitual tension will gradually release leaving smart, organized function. You'll leave feeling relaxed, lengthened and wiser!

This class will benefit those who:

- want to discover how yoga can refresh their daily function safely,
- have been on the roller coaster of rehab/injury/exercise/rehab....
- are negatively challenged by their traditional workout routine
- are eager to listen to their body at a refined level to retrain optimal healthy function.

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

Dress: Comfortable layers, Yoga mat if you'd like.

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

Monthly cards: \$12 per class

(4 class minimum; valid for 30 days)