

Effortless Walking Lab

Using the Feldenkrais Method®

Sat. Oct. 28, 9 am - 4pm

Sun. Oct. 29, 9:30 - 12:30

Taught by **veteran Feldenkrais Practitioners**
Kalyani Gilliam and Patric Zito

Feldenkrais ATM® Lessons stimulate positive change by pleurably challenging your nervous system to cultivate optimal function. This ATM Walking Lab will offer movement lessons your innate movement intelligence will eagerly embrace in order to improve your habits. Diving deeper into this Walking Lab will give you the time needed to connect what you learn to your daily life.

Even a tiny foot discomfort will rebalance your movement in order to avoid more pain or injury. Compensating walking patterns like these accumulate and lead to movement asymmetry that leads to future injury and discomfort. It takes practice and focused attention to regain full function, fluidity and effortless balance.

The **Feldenkrais Method®** helps you do just that by using gentle, provocative **movement lessons** to **shift habitual patterns at their source : your brain**. This Walking Lab weekend aims to improve total body alignment so you can use the natural ground forces to make walking easy. You'll be able to understand what you do that creates discomfort and you'll gain effective, pleasurable tools to continue shaping your body use through your daily actions.

Kalyani Gilliam

(831) 521 - 4458

Patric Zito

(831) 241 - 1534



Limit: 15

Where:

Community Church of Monterey
4590 Carmel Valley Rd.

Fee: \$175

(\$150 early bird by Oct. 20)

Mail to:

26350 Carmel Rancho Ln. #200
Carmel, CA 93923