



1822 Oak Bay Avenue, Victoria, BC  
250 519-1030  
www.greenspiritresources.com

# Feldenkrais Method Awareness Through Movement 2019 Spring Term

## ATM Weekly Class Schedule

**with Diane & Arnie Lade**

An astounding variety of functional movement patterns that keep  
your brain and body lively and grounded!

◆ Monday 4:45 - 5:45 pm ◆

April 29 - June 24

8 Classes \$150

*(no class May 20)*

◆ Wednesday 7 - 8pm ◆

April 24 - June 26

10 Classes \$189

◆ Friday 11:00am - Noon ◆

April 26 - June 28

10 Classes \$189

Students may make up missed classes where space allows, in the same term.

Students may join classes at any time during the term, if space available.

All prices include GST. We specialize in small classes for a personalized educational experience.

Pre-registration is essential as space is limited.

Please reserve space by sending/dropping off a cheque made out to the teacher.

Find audio sample classes and further information on the Feldenkrais Method

on our website [www.greenspiritresources.com/feldenkrais](http://www.greenspiritresources.com/feldenkrais)

or visit the Feldenkrais Guild of North America website [www.feldenkrais.com](http://www.feldenkrais.com)

**“Through awareness we can learn to move with astonishing lightness and freedom at almost any age and thereby improve our living circumstances, not only physically ... but emotionally and spiritually.”** Dr. Moshe Feldenkrais