

Julie Francis

Foundations of the Feldenkrais Method

Sunday, December 3, 2017

11:00 am - 4:00 pm

\$90 by Monday, November 27, 2017; \$100 thereafter

**4.5% fee added for credit card payments.*



THE FELDENKRAIS METHOD IS KNOWN AS A WAY OF FINDING EASE IN PHYSICAL

MOVEMENT, but it is really much more than that. Rather than being about the body, Feldenkrais is about learning, and learning how to learn. Moshe Feldenkrais used movement as his metaphor because it is readily accessible to everyone. While we all want to move more comfortably and maintain flexibility as we age, a Feldenkrais approach to learning can be applied to just about anything. During this workshop, we will use movement to explore the underlying principles behind the method and how to make our endeavors - from learning to play an instrument to doing yoga - about learning as opposed to simply doing.

Come prepared to physically explore the foundational elements of learning. Starting with “awareness”, you’ll be guided through a series of Feldenkrais lessons that bring to life the underlying principles of learning - go slow, do less, experiment, differentiate, let go of judgements and limits, etc. We will build the day around a single movement, adding complexity and ability as we go. In the end, you may find it not only easier to “do” the movement, but you may find you have several options for doing it - all easier and simpler than when you began. We’ll finish the day by summarizing the principles we explored and discussing how to apply them to other applications.

Open to all levels.



JULIE FRANCIS has been teaching Awareness Through Movement® for more than 20 years. She is an Assistant Trainer of the Method and often mentors new graduates and students in the gentle art of enhancing awareness. Julie is known for her clarity, compassion and humor. She maintains a private practice in Glen Ellyn.

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STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ **\$90 by Monday, November 27, 2017** _____ \$100 thereafter

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____ Date: _____

REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/ days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



PRAIRIE YOGA / ALIGN
YOUR SELF

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