

Reach For the Stars Freeing the Shoulders

**A Saturday
Feldenkrais Method®
Awareness Through Movement® Workshop
March 22, 2014
10:00 AM – 4:00 PM**

As we move through life we develop habits that we are unaware of. These habits probably served a purpose at one time, but now inhibit freedom of movement and enjoyment of life. We blame accidents, operations, illnesses, and old age. We say we have a “Bad Shoulder,” a “Bad Back,” or a “Bad Whatever It Is That Bothers Us.” Of course, the culprit is not really the shoulder, back, or whatever, but rather the faulty movement patterns, poor posture, and those habitual methods of use that we perform time after time unconsciously. The result can be chronic pain in the shoulders, neck, back, or anywhere in the body, which is debilitating and all too common. Often, ordinary tasks become unbearably painful.

The Feldenkrais Method® Awareness Through Movement® utilizes the premise that gentle, easy movements, done with attention and intention, can expose these habitual patterns. These techniques provide the brain with the information and experiences to form new, pain-free patterns and, thus, free the mind and body to develop more functional options to better accomplish the tasks at hand.

This workshop will focus on the shoulders. Yet, it will help free the shoulders, arms, neck, and upper back from painful, inhibiting patterns that may be interfering with complete range of motion and comfort in movement.

**Location:
Abundance Wellness Center
325 John Knox Road
Building “T”
Tallahassee, FL 32303**

Phone: 850-591-2585

**Saturday March 22, 2014
10:00 AM – 4:00 PM
Cost: \$60.00**

**Presented by:
Craig Stubbs, LMT MA30018
Guild Certified Feldenkrais Practitioner**