

# AWARENESS THROUGH MOVEMENT®

Awareness Through Movement® is a tool to improve functioning on all levels, enabling the potential for spontaneity and flexibility at any given moment. *Dr. Chava Shelhav, PhD*

*Increase Spontaneity*

*Reduce Anxiety*

*Increase Flexibility*

*Reduce Pain*

*Increase Creativity*

*Reduce Fear*

*Increase Logic*

*Reduce Stress*

*Increase Awareness*

*Increase Enjoyment of Life*

## AWARENESS THROUGH MOVEMENT® LESSONS

taught by

Craig Stubbs, LMT MA30018

Feldenkrais Guild® of North America Certified Feldenkrais Practitioner<sup>CM</sup>

Wednesday Evenings 6:30 – 7:30 PM

Thursday Mornings 11:00 AM – 12:00 PM

Cost: first class is free, \$12 for a single class, \$50 for 5 classes, \$90 for 10 classes

Abundance Wellness Center MM19422

325 John Knox Road Tallahassee, FL Building T, Suite 1

Please check our web site for other activities [www.awc-tallahassee.com](http://www.awc-tallahassee.com)

Please call Craig Stubbs to ensure a space before attending 850-591-2585