

Feldenkrais & Yoga

Two Collaborative Workshops

Pelvic Health & Awareness

Sep 24th (5 CEU's / 20-568004)

An innovative and effective program of exercises and education based on the Feldenkrais Method and Yoga.

The workshop is designed for improving bladder and bowel control and reducing back and pelvic pain.

Discover ways to bring ease to the shoulders and explore the functional relationships between the ribs, back, shoulders and neck. The workshop will help the student develop an awareness of their own movement patterns.

Reach for the Stars Freeing the Shoulders

Oct 15th (5 CEU's / 20-568106)

The Feldenkrais Method® is a somatic education system that uses gentle movement and directed attention to reeducate the nervous system and enhance everyday functioning. **Lead by Craig Stubbs**
Yoga is a discipline that assists in improving alignment, balance, strength and flexibility increasing control and concentration. **Lead by Leah Wrobel**



All levels
welcome!

Abundance Wellness Center / 325 John Knox Rd. Building T Suite 1
9am - 2pm

\$100 each workshop / \$180 for both

For any questions and to sign up contact:

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