

Feldenkrais® Workshop

Simplicity in Motion Back to Basics

Presented by Carol Lessinger

Evening Talk - Free

Friday, April 29 • 7:30 pm

Abundance Wellness Center

Workshop

Saturday, April 30 • 10:00 am - 5:00 pm

Sunday, May 1 • 10:00 am - 5:00 pm

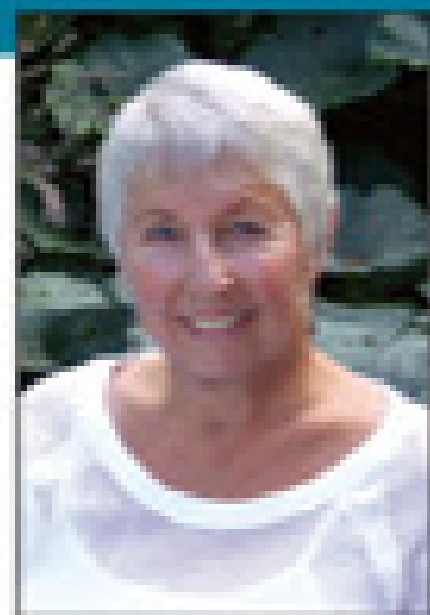
Abundance Wellness Center

325 John Knox Road • Tallahassee

Full weekend workshop \$235

Early registration, \$205 before April 8

**To register call Craig Stubbs at 850-591-2585
or email bcs50@msn.com**



Presented by

Carol Lessinger

*Senior Teacher of the
Feldenkrais Method®
and Cortical Field
Reeducation®*

**Carol will be available
for private sessions**

Friday April 29

and Monday May 1.

**Contact Carol for your
appointment at**

carollessinger@icloud.com

or 801-380-9484

For more information visit

www.carollessinger.com or www.feldenkrais.com