

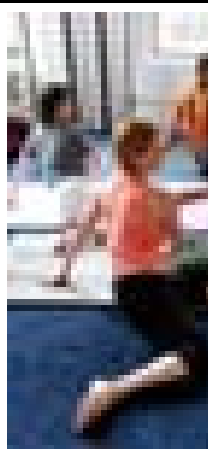
Movement Improvement

Beth Sidlow Mann
Feldenkrais Practitioner
Anat Baniel Method for Children,
Vitality, Anti-Aging &
High Performers



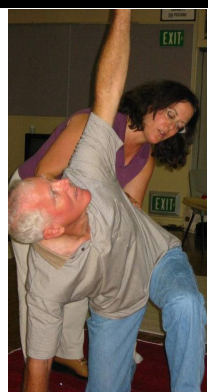
FELDENKRAIS^(R) Awareness Through Movement^(R) Classes

- Improve balance
- Increase flexibility
- Reduce pain



Scotts Valley Senior Center
370 Kings Village Road
831-438-8666

Tuesday, February 2 1:00-2:00 p.m.
Friday, February 5 10:30 - 11:30 a.m.
Tuesday, February 9 1:00-2:00 p.m.



For **information** visit www.MovementImprovement.com
or call 650-867-8680

*Please bring a mat or towel and
wear loose, warm, comfortable clothing.*

