

Movement Improvement

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

MOVEMENT LESSONS FOR ADULTS AND CHILDREN

Mondays 5:30-6:30 p.m.

Working Smarter, Not Harder

Movement lessons for working comfortably

- Avoid back pain
- Avoid headache
- Avoid RSI
- Increase creativity & productivity

Wednesdays 4:00 - 5:00 p.m.

Power Learning

Movement lessons for kids

- Improve concentration
- Reduce stress
- Enjoy learning

Thursdays 11:00 a.m. - 12:00 p.m.

Fall Prevention

Movement lessons in chairs

- Improve balance
- Increase flexibility
- Reduce Pain

Class Series 2: June 29 - July 16 (\$30)

Class Series 3: August 31 - October 1 (\$50)

Class Series 4: October 12 - November 5 (\$40)

Class Series 5: November 16 - December 17 (\$50)

Drop-In's: \$15

To register: email bsidlow@sbcglobal.net.

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



Feldenkrais Method®
Anat Baniel Methodsm

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MovementImprovement.com