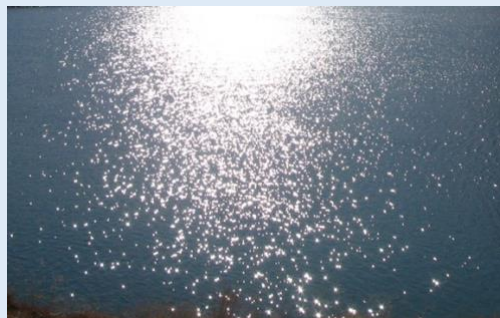


Feldenkrais Method



Awareness Through Movement

New ATM class in English

Fridays 5-6 pm, Vorstadt 11, Schaffhausen

Discover your potential by inner research through
easy, slow movements to develop awareness.

This work helps to find out more about the connections between your bones, joints, muscles, connective tissue, organs, sensation, perception, intention, attention, feelings & thoughts, the environment, space & gravity.

**The beauty of the work lies in the
effortless,
playful,
non-judgmental
atmosphere, where learning happens easily.**

Unnecessary tension can disappear and your dynamic self-image grows.
We use neuroplasticity to find our unique potential.

October 24th

November 7/14/21/28

December 5/12/19



8 Lessons for the special price of 160.- CHF (instead of 192.-)

Teaching will be in English (with German or French help if needed).

Payment in cash or bank transfer is due with first class.

Subscription:

Feldenkrais Atelier Anne Münstermann

079 79 100 69 info@feldenkrais-atelier.com

