

Presented by:

Bonnie Kissam, M.A.

FL Lic #36256,

Provider #MCE 448-05



Bonnie Kissam has her Masters Degree in Physical Education/Dance. She has been a *Feldenkrais Practitioner*® for 30 years, an assistant trainer for 15 and studied with Dr. Feldenkrais in 1980 & 1981. In Connecticut, Bonnie worked in Physical Therapy Clinics as well as her own studio. Clients have ranged from dancers/athletes, musician/singers to children with learning delays and scoliosis, to people with chronic stiffness and those who have had an accident or stroke.

*PARTICIPANT'S
COMMENTS:*

"Since attending your workshop I have found myself very centered when I'm sitting and working."

Licensed Massage
Therapist

"For me, Bonnie really clarified that efficient movement is easy. This Method seems to get to the core of the self-organization/coordination of movement. You learn to work smarter."
Physical Therapist

**Workshop on Sat., April 16
from 9:30am to 5:00pm**

Moving from your Core

Rediscover the Power in your Pelvis...the Power of your Bones

Be more comfortable in your body, at rest or in motion.

Achieve more power with less effort by thinking pelvis/bones

*Can you imagine yourself without a skeleton...
without a pelvis?*



- Learn to experience yourself and your movements from the inside. Learn to sense/imagine your bones and how they can be used as a system of support and power - making everyday activities lighter and easier.
- Learn to regain your natural alignment - whether you work on your feet, dance, or sit all day - and rediscover how your neuromuscular system can move efficiently.

- Learn, while being supported by the floor or chair, to listen mindfully to your skeletal movements, monitor muscular efforts and develop variations for any action. This creates a clearer mental picture of how you achieve each motion—no matter how small.
- Learn to discriminate between what is efficient and easy muscular action and what is wasteful and strained.

Once you learn to move mindfully, you can approach any activity in an entirely new way.



Saturday, April 16, 2011 from 9:30am to 5:00pm

Ionie's 1241 Fruitville Road, Sarasota

1/2 block west of Coconut, east of 41

Call to register: 941.360.2248 or 941.587.4535 cell
or ONLINE at <http://www.feldenkraisinsarasota.com/workshops-for-professionals>

Fee: \$100.00 or \$150.00 for workshop plus an individual lesson.
(20% less if pay by April 6)
6 CEU's for LMTs

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www.bonniekissam.com • www.feldenkraisinsarasota.com