

Presented by:

Bonnie Kissam, M.A.

FL Lic #MA36256,
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.

Soft Eyes & Hands— Easy Neck & Shoulders

Your Eyes Look - Your Head Moves

Your Eyes Stare - Your Neck Stiffens.

Your Hands Tighten - Your Shoulders Stiffen

Your Hands Lighten - Your Shoulders Relax

WORKSHOP Saturday, August 6

Participate in several of Dr. Feldenkrais' specifically designed *Awareness Through Movement®* Lessons. Explore the relationship between your eyes/hands and how that relates to your posture, the tension in your shoulders and neck, and your ability to move!

You will learn to...

- Explore the relationship between your eyes/hands and how that relates to your posture and the tension in your shoulders and neck!
- Ask meta-questions about how you move.
- Sense how the support from your pelvis/skeleton allows your shoulders to rest.
- Create simple shifts in efforts in the use of your eyes and hands and ease your neck and shoulders.
- Guide others in the above and more.

The Feldenkrais Method® is a process that asks you to recognize your habitual patterns of action, allows time for you to quiet excessive muscular actions, and through verbal or touch suggestions, helps you discover alternative movement patterns so you learn to move more naturally, and efficiently.

Learn tools to stop overusing your neck and shoulders.

Learn tools to help yourself and others.

Saturday, August 6 at Ionie's from 9:30AM to 5:00PM
1241 Fruitville Road, Downtown Sarasota

Call to register: 941.360.2248 or 941.587.4535

Fee: \$100.00 for the workshop or

\$150.00 for workshop plus an individual lesson.

\$150 for workshop plus individual lesson **(20 % less if pay by July 27)**

6 CEU's for LMTs

Send check to: Bonnie Kissam, M.A.,
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For more information: e-mail bk@bonniekissam.com, call or visit the website.

www.bonniekissam.com • www.feldenkraisinsarasota.com

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