

Presented by:
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FL Lic #36256,
Provider #MCE 448-05

You can redesign your alignment, balance, and coordination so that walking requires less effort and becomes more comfortable.

• **Alignment**
using your upper back

• **Balance**
shifting your weight and counterbalancing

• **Coordination**
connecting your shoulders and hips

Your body is your instrument, your mind is your composer. Learn to move optimally and your walk will be a harmonious symphonic experience.

Workshop on Sat., Feb 26
from 9:30am to 4:30pm

Redesign Your Walk—ABCs of Walking

- Are you uncomfortable moving due to aches or pains in your feet, knees or back?
- Does your neck restrict your ability to look up, down or right-left?
- Do you occasionally have difficulty breathing freely?
- Are you ready to shift your “achy breaky” walk to an “easy breezy” walk?

Just like we have our own handwriting patterns we have our own walking patterns. Over the years our balance, postural and walking patterns are impacted by accidents, operations, illnesses, stresses, old habits and the inevitable aging process. Aches and pains lead us to form new movement patterns as a way to compensate for the loss of our natural dexterity and movement abilities.

Redesign Your Walk will focus on quieting old patterns and discovering new “wirings” for more optimal walking. This special program takes you out of your walk, has you sit in a chair or lie on the floor to help you discover new movement possibilities from within yourself. You will learn how to optimize your natural coordination while you safely re-learn to monitor how you move/walk without risk or fear of injury.

Bonnie Kissam, M.A., in Physical Education and a *Feldenkrais® Practitioner*, will guide you to:

- Become consciously aware of the unconscious movement patterns that limit your pleasure of walking. (i.e. you step on your Right leg more than your Left as you walk).
- Appreciate how your body/mind is designed to move efficiently
- Be your own Walking Coach! Learn how to regain optimal action and how to listen for harmony and pleasure in your walk.

Invest time and attention to REDESIGN YOUR WALK! Recover your natural ABCs for EZE walking - regardless of your age or condition.

Saturday, February 26, 2011 from 9:30am to 4:30pm

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 February 12)
6 CEU's for LMTs

Send check to: Bonnie Kissam, M.A.,
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