

Presented by:
Bonnie Kissam, M.A.
FL Lic #36256,
Provider #MCE 448-05

*You can redesign
your alignment,
balance, and
coordination
so that walking
requires less
effort and is 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 walk wants
to offer you a
harmonious
symphonic
experience.*

Workshop on Sat., May 15
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?
- Do you have a neck that restricts your ability to look up, down or right-left?
- Are you ready to shift your “achy breaky” walk to an “eazy breezy” walk?

Just like we have our own handwriting patterns we have our own walking patterns. Over the years accidents, operations, illnesses, the inevitable aging process and old sitting and sleeping habits interfere with our optimal postural patterns. Aches and pains form and there is a loss of balance, natural dexterity and efficiency for walking.

Redign You Walk is a day workshop that will help you reclaim your natural Alignment, Balance and Coordination. The process of the workshop has you sit in a chair or lie down and engage in fundamental movement lessons so you can re-optimize the ABCs of your walk. You learn how to safely monitor and change HOW you move 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).
- Appreciative of how your body/mind is designed to move efficiently
- Your own Walking coach - and find the harmony and pleasure in your walk.
- Invest the time and attention necessary to notice habitual movement patterns and recover your natural ABCs for walking, regardless of your age or condition.

Redesign and Celebrate the pleasure of your New Walk!

Date: Saturday, May 15, 2010

Location: Ionie's, 1241 Fruitville Road

Time: 9:30am to 4:30pm

Call to register: 941.360.2248 or 941.587.4535 cell

Fee: \$100.00 for the workshop or \$150.00 for workshop plus an individual lesson. Register by May 7 to pay 20% less.
6 CEU's for LMTs

Send check to: Bonnie Kissam, M.A.,
5317 Fruitville Road, Box 169, Sarasota, FL 34232

For more information: e-mail bk@bonniekissam.com

www.bonniekissam.com • www.effortlessswing.com