



# FELDENKRAIS<sup>®</sup>

AWARENESS THROUGH MOVEMENT<sup>®</sup> with  
LAURA PARIS, Certified Feldenkrais Teacher since 1995

## SEASIDE YOGA SANCTUARY

1360 FREMONT BLVD, SEASIDE, CA 93955

### HANDY HANDS

#### IMPROVING THE USE OF THE HANDS, WRISTS, FOREARMS AND ELBOWS

This series utilizes Feldenkrais lessons that work directly with the hands, which is a powerful way to access the nervous system for change. Our focus will be on improving hand, wrist, forearm, and elbow function and mobility, as well as releasing limiting tension and restrictions. Through these lessons we will incorporate whole body movements; we will relate hand movements to the feet, ankles, hips, shoulders and torso.

These lessons are beneficial for anyone who wants to improve the use of their hands for art, music, work, hobbies or recreation. People who experience tension or restriction in their hands, wrists or forearms are also welcome. These lessons will also benefit anyone interested in continuing their Feldenkrais practice (or beginning a practice) because each lesson will have a global (whole body) effect.

**2 SATURDAYS + 1-4 PM + FEB 4 & MARCH 3 + AT SEASIDE YOGA SANCTUARY**

*TUITION: \$50 FOR 1 SATURDAY, OR \$90 FOR BOTH*

**OR**

**6 THURSDAYS + 9:15 OR 10:30 AM + FEB 2 – MARCH 8 + AT PARIS HEALING ARTS**

*TUITION: \$90 FOR 6-WEEK SERIES OF 1 HOUR CLASSES, LIMITED TO 5 STUDENTS*

### EFFORTLESS POSTURE

#### DISCOVERING EASE IN SITTING AND STANDING

This Feldenkrais series explores our natural evolutionary human birthright to stand and sit upright comfortably. Many of us have digressed from this experience, through years of inefficient (commonly known as “bad”) postural habits. These habits may have developed from events such as emotional trauma, overuse of slouchy furniture, poor body mechanics while working at tables or desks, to name a few. Some of us did not have the chance to learn effortless sitting and standing in our early development.

Fortunately it is never too late to discover or rediscover the ability to be upright comfortably. We may try to force ourselves to “sit or stand up straight”; however we cannot maintain it when we are forcing ourselves against our habitual nature. These lessons work with changing our habits by accessing the brain and the nervous system’s ability to sense, learn, and change. After each lesson you will feel that it is possible to sit and stand upright with a natural ease and comfort.

**2 SATURDAYS + 1-4 PM + APRIL 7 & MAY 5 + AT SEASIDE YOGA SANCTUARY**

*TUITION: \$60 FOR 1 SATURDAY, OR \$90 FOR BOTH*

**OR**

**6 THURSDAYS + 9:15 OR 10:30 AM + APRIL 5 – MAY 10 + AT PARIS HEALING ARTS**

*TUITION: \$90 FOR 6-WEEK SERIES OF 1 HOUR CLASSES, LIMITED TO 5 STUDENTS*

**REGISTRATION FORM IS ATTACHED: FIRST COME, FIRST SERVED**

CALL LAURA AT **831+655+9611**

OR LEARN MUCH MORE AT **WWW.PARISHEALINGARTS.COM**



PARIS  
HEALING ARTS