

# **FELDENKRAIS®**

**AWARENESS THROUGH MOVEMENT®**

*Looking for volunteer  
breast cancer survivors  
for research project*

**Thursdays - 10-11am**  
**4/17/08 - 5/15/08, 5 weeks**

Volunteers will be asked to participate in a weekly group lesson and to take part in an assessment process at both the beginning and the end of the five week series. Call 462-6570 to sign up.

*Wear loose, comfortable clothing that allows you to move freely.*

*Sponsored by:* City of Ukiah, Community Services Department

*Location:* **Grace Hudson Museum (mtg room)**, 431 S. Main St

*Instructor:* Karen Poplawski, GCFP

*Fee:* no charge, must be breast cancer survivors and willing to participate in the research project

*More Info:* Karen-462-6570, kpop@pacific.net  
or see [www.pacificsites.com/~kpop](http://www.pacificsites.com/~kpop)

In **Awareness Through Movement®**(ATM) lessons, the Feldenkrais teacher verbally guides you through a sequence of movements. Some lessons are done sitting in a chair, while most are done lying and sitting on mats and occasionally in standing. Unlike exercise as you know it, these are called lessons because you actually learn how to improve the way you move. The **Feldenkrais Method®** is based on the work of Moshe Feldenkrais, physicist, engineer and black belt in judo. He discovered that by strategically exploring the way one moves, people are not only able to move more efficiently and comfortably, but that the overall quality of their lives improves as well.

# **FELDENKRAIS®**

**AWARENESS THROUGH MOVEMENT®**

*Looking for volunteer  
breast cancer survivors  
for research project*

**Thursdays - 10-11am**  
**4/17/08 - 5/15/08, 5 weeks**

Volunteers will be asked to participate in a weekly group lesson and to take part in an assessment process at both the beginning and the end of the five week series. Call 462-6570 to sign up.

*Wear loose, comfortable clothing that allows you to move freely.*

*Sponsored by:* City of Ukiah, Community Services Department

*Location:* **Grace Hudson Museum (mtg room)**, 431 S. Main St

*Instructor:* Karen Poplawski, GCFP

*Fee:* no charge, must be breast cancer survivors and willing to participate in the research project

*More Info:* Karen-462-6570, kpop@pacific.net  
or see [www.pacificsites.com/~kpop](http://www.pacificsites.com/~kpop)

In **Awareness Through Movement®**(ATM) lessons, the Feldenkrais teacher verbally guides you through a sequence of movements. Some lessons are done sitting in a chair, while most are done lying and sitting on mats and occasionally in standing. Unlike exercise as you know it, these are called lessons because you actually learn how to improve the way you move. The **Feldenkrais Method®** is based on the work of Moshe Feldenkrais, physicist, engineer and black belt in judo. He discovered that by strategically exploring the way one moves, people are not only able to move more efficiently and comfortably, but that the overall quality of their lives improves as well.