

## **Feldenkrais Method®**

### **Awareness Through Movement®**

Sponsored by the City of Ukiah Community Services Dept.

- Develop a more intelligent & responsive body
- Reduce pain, aches and fatigue
- Improve flexibility, suppleness and balance
- Increase coordination and muscular efficiency

***Spring 2009***

## **Saturday Workshops**

### **Mouth and Jaw**

Saturday, 1/31/09 1-4pm

This workshop is suitable for anyone interested in finding more comfort in the area of the mouth and jaw.

### **For Musicians**

Saturday, 3/14/09 1-4pm

This workshop is suitable for anyone interested in finding more comfort while playing a musical instrument.

**Fee:** \$25 per workshop

All classes and workshops meet in the **Grace Hudson Museum Meeting Room at 431 S. Main St.**, Ukiah. Mats are provided. Wear loose fitting, comfortable clothing that allows you to move freely. For more information, call Karen Poplawski at 462-6570 or email at [kpop@pacific.net](mailto:kpop@pacific.net) or see [www.pacificsites.com/~kpop](http://www.pacificsites.com/~kpop).

Karen Poplawski is a Guild Certified Feldenkrais Practitioner and an Anat Baniel Method for Children Practitioner and sees people individually at Full Circle Wellness Resource Center, 530 S. Main St., Ste. G, Ukiah. She has been teaching Awareness Through Movement classes through the City of Ukiah since 2001.

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