

# FELDENKRAIS

## FLEXIBILITY & INJURY RECOVERY

The Feldenkrais Method is an extraordinary technique that teaches the body to move with greater freedom and comfort. By discovering pain free and efficient ways to use the body, students experience renewed flexibility and strength, reconnecting to their natural ability to move with ease and grace. Benefits include decreasing stress and tension, managing pain, recovering from and avoiding injury, and improving balance and coordination.

### Feldenkrais: Flexibility & Injury Recovery

**Experience the joy of moving with freedom!**

By regularly taking this class, you will enhance flexibility, reduce muscle aches, and have a more relaxed, supple body. The dynamic, yet relaxing exercises will help you improve posture, balance, and alignment so you can move in ways that don't cause stress on the body. Great for those recovering from injury and also for active folks who want to move with refined efficiency and skill.

**Tuesday, 11 a.m.-noon**

**Multipurpose Room**

**Cost: \$10 per class**

**Learn more about the Feldenkrais Method on the back!**



# FELDENKRAIS



## FELDENKRAIS WORKSHOPS

### Feldenkrais: Free Your Neck & Shoulders

Neck and shoulder pain affecting your enjoyment of life? Do you wake up stiff or feel you can't move as freely as you did when you were young? Improve comfort in the neck, shoulders and upper back using innovative and relaxing exercises. Free yourself from habits that cause tension and experience less pain and more freedom in your movement. Learn how to keep your neck and shoulders feeling great.

**Saturday, Feb. 27, 10:30 a.m.-1 p.m.**

**Multipurpose Room**

Cost: \$35 per person. Add a friend for \$25.

### Feldenkrais: Healthy Hips & Back

Sore hips or a stiff back preventing you from enjoying a walk, round of golf, or your favorite yoga class? Improve comfort and freedom in your legs, hips, and back to take all your physical activities to that next level of skill and enjoyment. Using dynamic and innovative exercises, learn how to reduce back strain by letting your movements flow from the hips. Experience the joy of moving with enhanced flexibility and power.

**Saturday, May 1, 10:30 a.m.-1 p.m.**

**Yoga Studio**

Cost: \$35 per person. Add a friend for \$25.

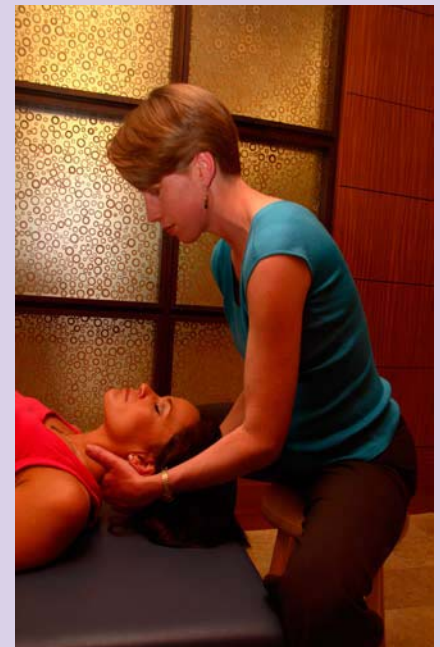
### About Peggy Protz, certified Feldenkrais Instructor:

Peggy Protz has spent her life studying movement. She started dancing at the age of five and continued to pursue her passion, graduating with a bachelor's in dance from the State University of New York in 1992. Peggy was a dancer and Pilates instructor in New York City when she first heard of the Feldenkrais (pronounced Feld-en-krise) Method, a practice that helps people move their bodies with more skill and ease.

"I couldn't believe how good I felt after the class," she says. "My body moved so much more naturally."

In 2001, after four years of extensive training, she became a Guild Certified Feldenkrais teacher and consistently works with all levels of students, from serious athletes to those trying to recover from injuries.

Peggy also offers private Feldenkrais lessons by appointment on Tuesday afternoons. Individual lessons take place on a low table and are personalized for your unique needs. Using specific touch techniques, she will gently guide your movement and give you exercises designed to meet your movement goals.



For more information please contact Athletic Services at 688-3177.