

FELDENKRAIS® Workshops

**October 10th,
Saturday**

3:00 p.m. - 5:00 p.m.

Ergonomics in the Workplace: Active Sitting

Active lessons geared to feel how the three body weights: head, torso, and pelvis work together in every day life.

Members.....\$15

Participants\$20

**December 5th,
Saturday**

3:00 p.m. - 5:00 p.m.

Moving with Your Whole Back

Learn how to prevent aches and pains through functionally integrated lessons geared for a stronger back.

Members.....\$15

Participants\$20

The FELDENKRAIS® Method

Awareness Through Movement®

Fall 2009

Monthly Class Series
Workshops



**Mission Valley YMCA at
Hazard Center**

7610 Hazard Center Drive #101

619-298-3576, ext. 2201

www.missionvalley.ymca.org

FELDENKRAIS® Instructor

Kristi Drullard, GCFP

Guild Certified Feldenkrais Practitioner®

Kristi Drullard is a Guild Certified Feldenkrais® Practitioner of Somatic Education. She graduated from a four year certification under direction of Mark Reese, one of the world's foremost authorities on the Feldenkrais Method®. Kristi has also trained with other top trainers including: Donna Ray-Reese, Frank Wildman, Anat Baniel. She has a B.S. in Nutrition Science from Cal Poly San Luis Obispo and is a White Belt NIA instructor.

Kristi loves to dance and move. When she is not teaching Feldenkrais® at the YMCA, you will find Kristi at the beach, Lindy Hop dancing or hanging out with her niece and nephew. She also spends much of the year traveling and refining her technique and passion for Feldenkrais®.

Kristi is dedicated to learning and offering non-invasive movement modalities that encourage people to take their health into their own hands.

For more information,
please contact **Kristi Drullard**
at 858-663-0920 or
movingtolearn@cox.net

The FELDENKRAIS Method®

What is Feldenkrais®?

Feldenkrais® ATM (Awareness Through Movement®) lessons are verbally directed, easy to do exercises for people of all ages and with virtually any physical limitations.

Classes are gentle, yet powerful. The classes are designed to help you discover & reprogram more efficient neuromuscular pathways in "HOW YOU MOVE." The classes teach the brain new patterns of thinking about movement, orientation to space, and action.

- Discover how you can reduce and eliminate pain
- Reduce movement restrictions
- Increase flexibility
- Effortless posture in sitting and standing
- Deeper breathing
- Regain lost function
- Clarify your self-concept
- Dramatic Increase in self-awareness
- Restful sleep

"From the impossible to the possible, from the possible to the easy, from the easy to graceful"

-Mosche Feldenkrais

FELDENKRAIS® Class Series

Classes held Tuesdays

4:15 p.m. to 5:25 p.m.

Hazard Center

Members.....\$28

Participants\$33

**September 1, 8, 15, 22,
and 29**

Posture and the Pelvis

Rediscover the power of your pelvis in a whole new way, using gentle and powerful movements that are systematically and strategically taught.

October 6, 13, 20, 27

Active Sitting & Finding Your Pelvic Floor

Learn to keep neck and back pain free while sitting. Discover fullness of breath and strength from your center.

November 3, 10, 17, 24

Posture: Strength & Flexibility

Find equal balance of "core flexibility and core stability" for your workout. Learn to move with ease and strength.