

Awareness Through Movement

Feldenkrais®

Posture and the Pelvis

Tuesdays

September 1, 8, 15, 22, and 29

Hazard, Studio 3

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

\$28/members
\$33/participants

Re-discover your pelvis power in a whole new way using powerful and gentle movements that are systematically and strategically taught to give you a balanced core strength.

A great class for athletes who want to add power to their workout as well as individuals with chronic back discomfort due to low back pain. Also great for those who want to add pilates to their workout but find it difficult to maintain the postures. The focus will be on how the pelvis supports you in walking, running, sitting, and even sleeping.



Hazard Center YMCA

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