



## THE FELDENKRAIS METHOD WORKSHOPS // FALL 2016

*“Feldenkrais represents a revolution in human health.”* — Smithsonian Magazine



Photography by Rosalie O'Connor

www.rosalieoconnor.com



**The Feldenkrais Method** is recognized for the strategies it employs to improve posture, flexibility, coordination, sleep, athletic & artistic ability and to help those with restricted movement, chronic pain and tension, as well as neurological, and developmental problems. Feldenkrais explores how our habits can constrain us to a small portion of our potential. Is through our personal history, upbringing, culture, injuries, illness, etc., that we each adopt patterns of physical and psychological behavior. These patterns are deeply embedded in our nervous system, and often become outmoded or dysfunctional, creating unnecessary physical, and psychological limitations.

### SELF HEALING & PAIN FREE MOVEMENT

**Saturday & Sunday, October 22 & 23 | 2:30pm – 5:30pm**  
333 Meridian St, West Lafayette, IN 47906 - Room 101/103  
Cost: \$200 | Registration required

This workshop will concentrate on the relation between head, neck, and shoulders, finding solutions to improve its functions: more mobility, flexibility and comfort.

### THE EMBODIED PERFORMER

**Saturday & Sunday, November 12 & 13 | 2:30pm – 5:30pm**  
333 Meridian St, West Lafayette, IN 47906 - Room 101/103  
Cost: \$200 | Registration required

Discover how effortless movement can give you spontaneity, choice and precision in your art making as a musician, dancer, actor, or performance artist.

• • •

**Sabrina Lastman** is a Guild Certified Feldenkrais Practitioner, Accomplished Vocalist & Voice Teacher.

**Registration, individual lessons & questions:** [contact@sabrina-lastman.com](mailto:contact@sabrina-lastman.com) / (765) 746 – 6158.