

# NO PAIN, MORE GAIN...



with Guild Certified Feldenkrais Teachers<sup>CM</sup>

Suzie Lundgren, MA, and  
Larry Goldfarb Ph.D

TEN WEEKS (Two five-week sessions)

Part I - Sept 7 - Oct 7

Part II - Oct 19 - Nov 18

## DEEPEN...

Our fall *Feldenkrais*<sup>®</sup> series is centered around the *Awareness Through Movement*<sup>®</sup> lessons that make up Dr. Goldfarb's BACK IN ACTION collection, originally created for the purpose of helping people with injured or painful backs regain their ability to move easily without pain. Join us to rediscover and reclaim your resilient spine.

## DISCOVER...

## LEARN...

Choosing these simple, effective mind-body lessons creates a framework for fully exploring the question "How do we apply these *Feldenkrais*<sup>®</sup> lessons successfully in our daily lives?" Class members are invited to share successes, difficulties and questions in this cooperative, user-friendly laboratory, guided by Larry and Suzie.

## REALIZE...

- Deepen your ability to truly sense and understand how you're moving.
- Discover keys to unlocking long held contractions.
- Learn how your back was meant to move.
- Realize the power of your core muscles.
- Develop greater ease, efficiency, and energy.
- Improve your posture and hone your self-image.

## DEVELOP..

## IMPROVE...

### TO REGISTER:

Send your tuition, name, address, telephone and e-mail to:  
Suzie Lundgren  
PO Box 7497  
Santa Cruz, CA 95061

MAKE CHECKS PAYABLE TO:  
Suzie Lundgren

FOR MORE INFO:  
suzie@suzielundgren.com or call  
831.423.6787

WHEN: Tuesdays 9:30 to 10:45AM -or- Thursdays 5:45 to 7:00PM

WHERE: The Pacific Cultural Center  
1307 Seabright Avenue, Santa Cruz

COST: ONE CLASS PER WEEK

Each 5 week series: \$90 (\$75 paid by August 15th)

Full 10 week series: \$155 (\$135 paid by August 15th)

TWO CLASSES PER WEEK

Each 5 week series: \$135 (\$115 by August 15th)

Full 10 week series: \$250 (\$215 by August 15th)