

SITTING: *From Surviving to Thriving*



with Guild Certified Feldenkrais Teachers^{CM}

Suzie Lundgren, MA, CFT

Larry Goldfarb Ph.D, CFT

Michele Miotto, CFT, ISMETA

SIXTEEN WEEKS

Jan 24 - May 10, 2012

ENLIVEN...

Why is it so physically wearing to sit? How did sitting evolve anyway? As a requirement for modern life, we know surprisingly little about how to sit with integrity, support, and ease.

TRANSFORM...

This winter (Part II) we will continue to examine a variety of ways to enliven the act of sitting by accessing the easy support of our skeleton. Week by week, you will re-create your relationship to this activity, learning new and interesting strategies for greater comfort. This series will include lessons in chairs as well as in sitting or lying on the floor. Each lesson will inform your seated life, whether that involves working at a desk, riding a bike, motorcycle or horse, lounging on the patio, having a meal, painting your latest watercolor, or rocking a baby to sleep. Join us and transform your experience of sitting! **Attendance in Part I is not required.**

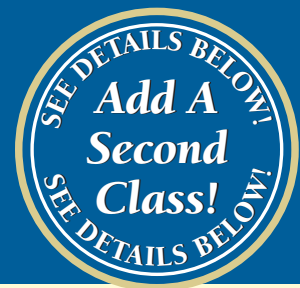
RECLAIM...

REFRESH...

INFORM...

EMPLOY..

- Experience effortless skeletal support.
- Reclaim the dynamic ease of sitting.
- Build a foundation for flexibility and comfort.
- Refresh your relationship to chairs.
- Employ play as part of your seated life.



TO REGISTER:

Send your name, selected day, e-mail address, telephone and check to:

Suzie Lundgren
PO Box 7497
Santa Cruz, CA 95061

BE SURE TO SELECT YOUR DAY!

MAKE CHECKS PAYABLE TO:

Suzie Lundgren

FOR MORE INFO:

suzie@suzielundgren.com or call
831.423.6787

OPTION 1: Tuesdays 9:30 to 10:45AM

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

OPTION 2: Thursdays 5:30 to 6:45PM

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

OPTION 3: Wednesdays 12 to 1:15PM

WHERE: The Tannery Arts Center
1060 River Street, No. 111, Santa Cruz

COST: Full Series: \$235 or \$185 (if paid before December 3rd)
Half Series: \$140 or \$125 (if paid before December 3rd)

SPECIAL NOTES: 1) Participants are welcome to make up any missed classes on the alternate class dates at any time during the series at no extra cost. 2) Those already signed up for a 16 or 8 week series who would like to add a second class per week may do so at a discounted rate for \$5 per class.