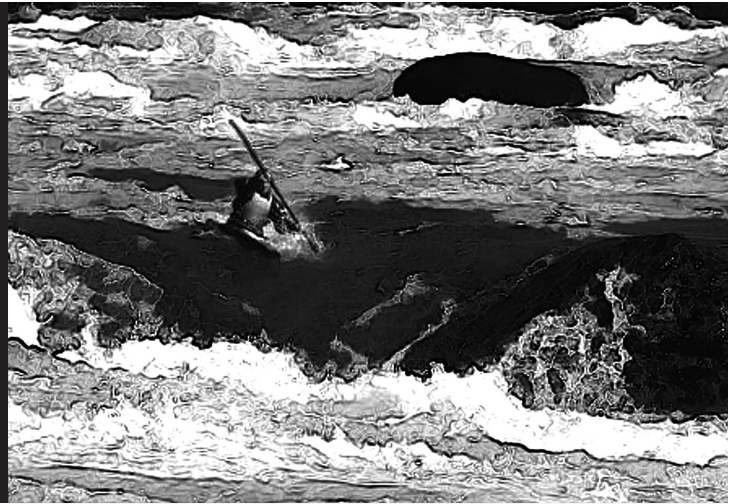


# Rolling WITH THE Punches



A TWELVE WEEK SERIES OF CLASSES  
*May 11 through July 29, 2009*

**Monday Evening 5:45 - 7:00**

Veteran's Memorial Building (Studio A), 846 Front, SC

**Tuesday Morning 9:30 - 10:45**

Pacific Cultural Center, 1307 Seabright, SC

**Wednesday Morning 9:00 - 10:15**

Pacific Cultural Center, 1307 Seabright, SC

**Twelve Week Series / Two Classes per Week**

**\$350 (\$290 if received before 5/04)**

**Twelve Week Series / One Class per Week**

**\$180 (\$150 if received before 5/04)**

**Six Week Series / One Class per Week**

**\$100 (for first or second 6 week session)**

*Priority will be given to those committing to the full 12 weeks. Send registration fees to:*

**Suzie Lundgren**

**P.O. Box 7497, Santa Cruz, CA 95061**

**Info: [suzie\\_suzielundgren.com](http://suzie_suzielundgren.com) or call 831.423.6787**

**IN THESE TURBULENT TIMES** how do you respond each time you're knocked off balance? Are you carrying the world and your worries on your shoulders? Where do you store your tension? Are you holding on for the ride?

**JOIN US** for a springtime series of movement lessons designed especially to lighten your load, fortify your innate resilience and help you land, reliably and smoothly, on your own two feet.

Guild Certified Feldenkrais® Practitioners, Suzie Lundgren, MA and Larry Goldfarb, Ph.D once again offer a series of fun, physical Feldenkrais® classes that guide you to...

## TAP YOUR INNER STRENGTH!

- **Learn new ways of moving**
- **Release built-up shoulder, neck and back tension!**
- **Discover greater flexibility and ease**
- **Improve balance and spatial orientation**

*\* If you have severe movement or pain/injury challenges, please contact Suzie to determine if this class series is appropriate for you.*

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*"As a long-time student/ teacher/practitioner of Bikram and other yoga, I want to tell you how much I appreciate your skill, knowledge and ability to teach this wonderful work. Feldenkrais is wonderfully wise and winning wisdom!" MARION WEIL*

*"At your first class, as I lay on the floor, I really had no awareness of my right leg, it felt as if it was floating. By the end of the class I experienced an integration in my body that included that leg! I was so stunned as I stood up and walked I could hardly believe it, I will see you next week and the week after, and the week after. I think you get my point, this is a lifetime commitment." FAYE CUPP*