JOIN US AS WE DELVE INTO THE RICHES of the Feldenkrais® Method! Artfully crafted, using principles of physics, neurology, mathematics, psychology, and physiology, these profound Awareness Through Movement (ATM) lessons challenge the brain to find and create new movement pathways. You will be gently guided through specific movement sequences in accessible positions such as sitting, standing and lying. Through this pleasurable process, designed by Dr. Moshe Feldenkrais (1904-1984), enhanced awareness, increased mobility, and expanded movement options become available. Limiting muscle patterns unwind, pain decreases and performance improves. Participants report positive changes in posture, fuller breathing and a greater ease in moving. For some, heightened mental clarity and sense of overall well-being emerges. The learning process is full of pleasant surprises and personal breakthroughs! These classes are designed for participants of all levels.

LEARN

- Learn to be your own teacher
- Discover unconscious movement patterns

DISCOVER

- Discover unconscious movement patterns
- Enhance pleasure and comfort in motion

ENHANCE

- Enhance pleasure and comfort in motion
- Expand movement options

EXPAND

- Expand movement options
- Gain strategies to keep small aches from becoming big ones

GAIN

- Gain strategies to keep small aches from becoming big ones

OPTION 1

- Tuesdays 9:30 to 10:45AM
- WHERE
  - The Pacific Cultural Center
  - 1307 Seabright Avenue, Santa Cruz

OPTION 2

- Thursdays 5:15 to 6:30PM
- WHERE
  - The Pacific Cultural Center
  - 1307 Seabright Avenue, Santa Cruz

COST

- Full Series - 12 Classes $225, or $185 before 12/11
- Half Series - Any consecutive 6 Classes $115

REGISTER BY MAIL

Send your name, selected day, e-mail address, telephone and check made payable to: Suzie Lundgren
PO Box 7497
Santa Cruz, CA 95061

BE SURE TO SELECT YOUR DAY!

REGISTER ONLINE

http://www.suzielundgren.com/news/register-online

FOR MORE INFO

suzie@suzielundgren.com or call 831.332.7347

Feldenkrais® and Awareness Through Movement® are registered service marks and Guild Certified Feldenkrais TeacherCM is a certification mark of the Feldenkrais Guild® of North America.
Suzie Lundgren, MA, CFT, CLMA www.suzielundgren.com
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Song Nelson CFT, MFA www.songnelson.net
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1307 Seabright Avenue, Santa Cruz

OPTION 2

Thursdays 5:45 to 7:00PM
WHERE
The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST
Full Series - 10 Classes $250, or $225 before 12/02
New Student Discount $225, or $202.50 before 12/02
Half Series - 1st or 2nd Set of 5 Classes $135
New Student Discount $121.50

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Send your name, selected day, e-mail address, telephone and check made payable to: Suzie Lundgren
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Learn to be your own teacher
Discover outdated movement choices
Enhance pleasure and comfort in motion
Expand movement options
Gain strategies to keep small aches from becoming big ones

Option 1: Tuesdays 9:30 to 10:45AM
Where: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz
Cost: Full Series - 10 Classes $250, or $225 before 07/30
New Student Discount $225, or $202.50 before 07/30
Half Series - 1st or 2nd set of 5 classes $135
New Student Discount $121.50

Option 2: Thursdays 5:45 to 7:00PM
Where: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz
Cost: Full Series - 10 Classes $250, or $225 before 07/30
New Student Discount $225, or $202.50 before 07/30
Half Series - 1st or 2nd set of 5 classes $135
New Student Discount $121.50

Register by mail:
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PO Box 7497
Santa Cruz, CA 95061

Register online:
www.suzielundgren.com/news/register-online

For more info:
suzie@suzielundgren.com or call 831.332.7347

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Embracing Resilience
10 Feldenkrais Awareness Through Movement Lessons®
March 29 - June 2, 2016
Suzie Lundgren, MA, CFT, CLMA
Marcia Margolin, CFT
Song Nelson, MFA, CFT
Jill Duran, CFT

OUR CAPACITY TO ADAPT FLUENTLY to adversity, misfortune or change is a primary measure of optimal health. Many injuries are a result of stiffening ourselves against change, the unknown or the unexpected. By honing our physical resilience we raise our emotional and cognitive resilience as well. Join us and experience gentle, potent Awareness Through Movement lessons that highlight common physical habits of bracing against, or interfering with, life’s requests for movement and change. Embedded in the lessons are insights into how we can tap our innate ability to recover from unexpected forces. We will examine elasticity versus flexibility, restoring health versus compensation. Spring into Spring with us as we increase our options for bouncing back! All levels of fitness and experience welcome!

• Rebound from setbacks
• Adapt quickly and easily
• Find strength in suppleness
• Restore healthy options for moving
• Discover your inner trampoline

REGISTER BY MAIL:
Send your name, selected day, e-mail address, telephone and check made payable to:
Suzie Lundgren
PO Box 7497
Santa Cruz, CA 95061
BE SURE TO SELECT YOUR DAY!

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http://www.suzielundgren.com/news/register-online

FOR MORE INFO:
suzie@suzielundgren.com or call
831.332.7347

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

OPTION 2 Thursdays 5:45 to 7:00PM
WHERE: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST: Full Series - 10 Classes $250, or $225 before 03/08
New Student Discount applied $225, or $202.50 before 03/08
Half Series - Any 5 Classes $135
New Student Discount applied $121.50

SPECIAL NOTES: Participants are welcome to make up any missed classes on the alternate class dates at any time during the series at no extra cost.
*Visit http://www.suzielundgren.com/group-classes.html for a more comprehensive description of what happens in a Feldenkrais class

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Vision, Motion and Balance
10 Feldenkrais Awareness Through Movement Lessons®
January 12 - March 3, 2016

How we use our eyes, and how we move and balance are intimately related. This series will explore Dr. Feldenkrais’s lessons on improving the vision as it pertains to motion and balance. The dominance of one eye from an early age is written in our bones and gestures, but it is not written in stone. Excessive visual stimuli, lack of visual depth variance, stress and fatigue can cause our vision to become rigid and problematic. By learning to shift our visual habits, we can resolve many common complaints, including headaches, back and neck pain, sciatica and limiting muscular imbalances, as well as improved sight. Join us as we take a deeper “look” into these intriguing relationships! All levels of fitness and experience welcome!

• Expand eye motion, health and comfort
• Experience more confidence and stability
• Equalize muscular tension around the eyes
• Explore your visual preferences
• Ease anxiety
• Enjoy learning!

REGISTER BY MAIL:
Send your name, selected day, e-mail address, telephone and check made payable to:
Suzie Lundgren
PO Box 7497
Santa Cruz, CA 95061
BE SURE TO SELECT YOUR DAY!

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OPTION 1 Tuesdays 9:30 to 10:45AM
WHERE: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

OPTION 2 Thursdays 5:45 to 7:00PM
WHERE: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST: Full Series - 10 Classes $250, or $225 before 12/10
New Student Discount applied $225, or $202.50 before 12/10
Half Series - Any 5 Classes $135
New Student Discount applied $121.50

SPECIAL NOTES: Participants are welcome to make up any missed classes on the alternate class dates at any time during the series at no extra cost.

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Homeostasis: A Balancing Act

10 Feldenkrais Awareness Through Movement Lessons®

September 14 - November 19, 2015

Suzie Lundgren, MA, CFT, CLMA
Marcia Margolin, CFT
Song Nelson, MFA, CFT
Jill Duran, CFT

Off-center, off kilter, limping along? You are human. Good thing too. As a living being, you have evolved ingenious means for resetting the balance. Homeostasis is the ability of a living system to regulate itself and its inner environment; to maintain a stable state despite the many external and internal influences that tend to disrupt that state. The trouble is, when we go for long periods off-balance, inefficient and compensatory patterns of use take hold. Neuroscience has shown that with committed awareness practice, we can recalibrate and reclaim a dynamic, yet stable state.

These potent movement lessons elegantly elicit the brain's self-regulating capacity to achieve homeostasis. So whether you'd like to perfect your pirouette, walk more freely over that injured knee, or simply want a good night's rest, come join us to fine tune your balancing act! All levels of fitness and experience welcome!

- Find your footing; a foundation for balance
- Center yourself about your midline
- Distribute effort throughout the body
- Neutralize pain cycles
- Harmonize sleep and waking cycles
- Increase your overall health and resilience

REGISTER BY MAIL:
Send your name, selected day, e-mail address, telephone and check made payable to:
Suzie Lundgren
PO Box 7497
Santa Cruz, CA 95061

BE SURE TO SELECT YOUR DAY!

REGISTER ONLINE:
http://www.suzielundgren.com/news/register-online

FOR MORE INFO:
suzie@suzielundgren.com or call 831.332.7347

OPTION 1  Mondays 9:30 to 10:45AM
OPTION 2  Tuesdays 9:30 to 10:45AM
OPTION 3  Thursdays 5:45 to 7:00PM

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

COST:  Full Series - 10 Classes $250, or $225 before 08/15/15
New Student Discount applied $225, or $202.50 before 08/15/15
Half Series - Any 5 Classes $135
New Student Discount applied $121.50

SPECIAL NOTES:
Participants are welcome to make up any missed classes on the alternate class dates at any time during the series at no extra cost.
* Visit http://www.suzielundgren.com/group-classes.html for a more comprehensive description of what happens in a Feldenkrais class.

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Join us for ten potent Awareness Through Movement Lessons to soothe the self and restore biological optimism. When we find ourselves trapped in a spiral of stress, pain or fear, many of us hold it together by laying down neuromuscumuscular patterns of anxiety that can persist long after a stressful event has passed. Such patterns can negatively influence our ability to address present day challenges with success.

The calming and self-settling power of these lessons provides a rich playground in which to reconfigure the brain’s neuronal activity, a necessary step in breaking limiting cycles and integrating healthy alternatives. Learn to cultivate a mindful, embodied practice for managing life’s inevitable ups and downs. All levels of fitness and experience welcome!

- Reduce anxiety
- Reclaim optimism
- Enrich your relationship to self
- Take charge of stress responses
- Learn to learn from yourself
- Boost brain/body vitality

**Soothing the Very Nervous System**

10 Feldenkrais Awareness Through Movement Lessons®

**April 14 - June 18, 2015**

Suzie Lundgren, MA, CFT, CLMA
Jill Duran, CFT
Marcia Margolin, CFT
Song Nelson, MFA, CFT

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

OPTION 2: Thursdays 5:45 to 7:00PM
WHERE: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST:
Full Series - 10 Classes $225
New Student Discount applied $202.50
Half Series - Any 5 Classes $135
New Student Discount applied $121.50

SPECIAL NOTES:
Participants are welcome to make up any missed classes on the alternate class dates at any time during the series at no extra cost.
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Navigating Our Natural Bridges

We are excited to offer a journey through a compelling series of lessons sometimes titled “Through the Gap”. The lessons share a common thread of ducking under and climbing over, around and through various physical bridges we create with our own architectural structure. While unusual three dimensional movement is invited to navigate these excursions, our step by step approach will allow even the novice movement student access to these potent and playful explorations. If you attended our fall offering, these lessons are an intriguing companion to the many diagonal connections embedding in that series. If you are new to Feldenkrais, these fun lessons offer a surprising portal into the basic principles of Awareness Through Movement. Load up your curiosity, bring your sense of humor and come join us!

- Create a more expanded self image.
- Move more fully through three dimensions.
- Reclaim movements you haven’t done since childhood.
- Learn how movement works.
- Gain a more flexible easeful approach to moving.
- Enhance your body map awareness.

January 13 - April 2, 2015

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

OPTION 2: Thursdays 5:45 to 7:00PM
WHERE: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST: Full Series - 12 Classes $265 or $240 (if paid before 12/18)
New Student Discount applied $238.00 or $216.00
Half Series - First 6 Classes $145 or $130 (if paid before 12/18)
New Student Discount applied $130.00 or $117.00

SPECIAL NOTES:
Participants are welcome to make up any missed classes on the alternate class dates at any time during the series at no extra cost.
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The most valuable ingredient to experiencing comfortable and effortless movement is an accurate body map. If our body map is inaccurate or inadequate, movement becomes inefficient and injury producing. Having a well developed sense of midline orients us spatially in the world. It provides a home, or a reference, from which to align, in moving ourselves through our environment with ease and physical integrity. Our sense of being “centered” can often conflict with reality, making it difficult to correct faulty alignment, and to prevent imbalance and injury. In this series, we will explore 12 Awareness Through Movement lessons that will offer new kinesthetic information to help us refine our sense of middle. By improving our body map, by coming to know our midline, our movement becomes more comfortable, more effortless, and we can more easily do what we intend. We invite you to join us for another rich and potent series of classes this fall!

• Discover your true midline.
• Improve your posture and ease of movement.
• Achieve better balance.
• Enjoy fuller more easeful breathing.
• Align your actions more closely to your intentions.
• Enhance your body map awareness.

The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

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

OPTION 2: Thursdays 5:45 to 7:00PM
WHERE: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST: Full Series - 12 Classes $240 or $200 (if paid before 08/18)
New Student Discount applied $216.00 or $180.00
Half Series - First 6 Classes $135 or $115 (if paid before 08/18)
New Student Discount applied $121.50 or $103.50

SPECIAL NOTES:
Participants are welcome to make up any missed classes on the alternate class dates at any time during the series at no extra cost.
* Visit http://www.suzielundgren.com/group-classes.html for a more comprehensive description of what happens in a Feldenkrais class.

Feldenkrais® and Awareness Through Movement® are registered service marks and Guild Certified Feldenkrais Teacher® is a certification mark of the Feldenkrais Guild® of North America.
Jill Duran, CFT
Jill is a Guild Certified Feldenkrais® practitioner with a passion for improving the quality of life for both people and animals. After she experienced and integrated the significant changes offered by the Feldenkrais Method, she decided to leave her legal practice and begin a private Feldenkrais® studio. Her work is informed by a life-long study of equestrian sports, yoga, Ayurveda, and philosophy. Jill lives in Bonny Doon with her husband, 3 horses, and 3 dogs.

Larry Goldfarb, PhD, CFT
Larry has been offering Feldenkrais classes in Santa Cruz since the autumn of 1981. A movement scientist, multimedia author, and trailblazing teacher, Larry directs teacher trainings and postgraduate studies in Australia, Europe, and North America. He is known for his ability to demystify the Feldenkrais Method and make it meaningful for each student.

Suzie Lundgren, MA, CFT, CLMA
A Guild Certified Feldenkrais® practitioner, a certified Laban Bartenieff Movement Analyst and a professional Dancer/Choreographer and Teacher, Suzie is a 35 year veteran of manual therapy techniques, Ballet, Modern Dance, Pilates, Tai Chi and Yoga. She has taught, danced and made dances in the UK, Netherlands, Austria, Italy and the US and brings a wealth of field experience to her down-to-earth teaching style. Having established these Santa Cruz Feldenkrais® classes in 1997, Suzie continues to foster a growing community of teachers and students interested in moving comfortably and optimizing overall health through the Feldenkrais Method®. She maintains a private practice in Santa Cruz, where she has lived since 1997.

Song Nelson CFT, MFA
Song is a dancer, choreographer, performing artist and teacher. Song has taught in universities, colleges, elementary schools and to individuals with and without physical challenges. Specializing in voice and movement education in the performing arts, Song's unique teaching cultivates presence, spontaneity and embodied creative process. Her current practice investigates the maternal body, embodied lineage and the arts.

Marcia Margolin, CFT
Marcia has been a longtime resident of Santa Cruz for 40 years. In 1980 she had the remarkably good fortune to enter the last Feldenkrais Professional Training Program conducted by Moshe Feldenkrais himself. Upon completion and certification of the four year program, she embarked on developing her practice and providing this unique process to our community. Marcia has derived great satisfaction from being both student and teacher of this potent method of movement education.
Getting Taller: Experience Your Full Length

with Guild Certified Feldenkrais Teachers™
Suzie Lundgren, MA, CFT, CLBMA
Marcia Margolin, CFT
Jill Duran, CFT

EIGHT WEEKS
April 8 - May 29, 2014

A healthy spine thrives when there is adequate space and length available to accommodate the ebb and flow of daily movements. Habitual muscular contractions shorten us and interfere with our access to this longer easeful self. While standing, sitting and being taller brings ease to our physiological processes, attitudes and communications, very little is gained from living in a shortened, contracted state. Likewise, attempting to lock or force ourselves into length, via a static posture or stretching, merely engages us in a battle with our unique set of deeply entrenched muscular contractions. We invite newcomers and returning students to join us in nurturing our potential length through the depth of awareness that these effective and engaging lessons have to offer.

• Awaken your spacious self.
• Learn to unkink yourself.
• Discover your full voluminous length.
• Reclaim skeletal health and ease.
• Move with elegance and grace.
• Expand your reach and expressivity.

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

COST: Full Series - 8 Classes $185 or $145 (if paid before 03/22)
New Student Discount applied $166.50 or $130.50 (if paid before 03/22)

SPECIAL NOTES:
Participants are welcome to make up any missed classes on the alternate class dates at any time during the series at no extra cost.
* Visit http://www.suzielundgren.com/group-classes.html for a more comprehensive description of what happens in a Feldenkrais class

REGISTER BY MAIL:
Send your name, selected day, e-mail address, telephone and check made payable to:
Suzie Lundgren
PO Box 7497
Santa Cruz, CA 95061

BE SURE TO SELECT YOUR DAY!

REGISTER ONLINE:
http://www.suzielundgren.com/news/register-online

FOR MORE INFO:
suzie@suzielundgren.com or call 831.332.7347

Feldenkrais® and Awareness Through Movement® are registered service marks and Guild Certified Feldenkrais Teacher™ is a certification mark of the Feldenkrais Guild® of North America.
Suzie Lundgren, MA, CFT, CLMA
A Guild Certified Feldenkrais® practitioner, a certified Laban Bartenieff Movement Analyst and a professional Dancer/Choreographer and Teacher, Suzie is a 35 year veteran of manual therapy techniques, Ballet, Modern Dance, Pilates, Tai Chi and Yoga. She has taught, danced and made dances in the UK, Netherlands, Austria, Italy and the US and brings a wealth of field experience to her down-to-earth teaching style. Having established these Feldenkrais® classes in Santa Cruz 16 years ago, Suzie continues to foster a growing community of teachers and students interested in moving comfortably and optimizing overall health through the Feldenkrais Method®. She maintains a private practice in Santa Cruz, where she has lived since 1997.

Marcia Margolin, CFT
Marcia has been a longtime resident of Santa Cruz for 40 years. In 1980 she had the remarkably good fortune to enter the last Feldenkrais Professional Training Program conducted by Moshe Feldenkrais himself. Upon completion and certification of the four year program, she embarked on developing her practice and providing this unique process to our community. Marcia has derived great satisfaction from being both student and teacher of this potent method of movement education.

Jill Duran, CFT
Jill is a Guild Certified Feldenkrais® practitioner with a passion for improving the quality of life for both people and animals. After she experienced and integrated the significant changes offered by the Feldenkrais Method, she decided to leave her legal practice and begin a private Feldenkrais® studio. Her work is informed by a life-long study of equestrian sports, yoga, Ayurveda, and philosophy. Jill lives in Bonny Doon with her husband, 3 horses, and 3 dogs.
A Call To Arms!

This spring we offer six potent Awareness Through Movement® lessons centered on arms serve as a primary bridge to the world around us. How they integrate with or become divorced from the rest of our structure, thoughts or feelings can make a profound difference in the success we experience in manifesting any given intention. This series is appropriate for those new to Feldenkrais and continuing students alike so answer our “Call to Arms” and join us!

- Illuminate the inner workings of your arms in action.
- Integrate your arms with your whole being.
- Improve the expressive capacity of your upper body.
- Enjoy more comfort and accuracy in fine motor skills.
- Reduce tension, injury and strain in your everyday activities.
- Increase elegance, resilience, efficacy and ease.

REGISTER BY MAIL:
Send your name, selected day, e-mail address, telephone and check made payable to:
Suzie Lundgren
PO Box 7497
Santa Cruz, CA 95061
BE SURE TO SELECT YOUR DAY!

REGISTER ONLINE:
http://www.suzielundgren.com/news/register-online

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 5:45 to 7:00PM
WHERE: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST: $110 (if paid before April 12th) *
COST: $125 (if paid after April 12th) *
* WITH 10% ‘NEW STUDENT’ DISCOUNT:
$99 (before April 12th) or $112.50 (after April 12th)

SPECIAL NOTES: Participants are welcome to make up any missed classes on the alternate class dates at any time during the series at no extra cost.

Feldenkrais® and Awareness Through Movement® are registered service marks and Guild Certified Feldenkrais Teacher™ is a certification mark of the Feldenkrais Guild® of North America.
Flexible Bodies, Changable Brains

Long before neuroplasticity became a hot topic, martial arts master, engineer, and somatic pioneer Moshe Feldenkrais developed a method for nurturing our brain’s potential for lifelong change and improvement. This neuromuscular method allows each of us to harness our built-in capacity to rewire the nervous system, keeping our minds and bodies flexible and adaptable.

This autumn, we’ll be teaching lessons that Dr. Feldenkrais taught in his first professional training program in United States in the late 1970s. Each lesson introduces novel ways of moving and noticing, challenges ingrained modes of doing and thinking, reprograms painful adaptations, and creates new movement possibilities, new neural pathways.

- Unravel tension and muscular holding patterns.
- Improve the ease and freedom of movement of the arms.
- Develop a movable spine and chest.
- Nurture postural support and get grounded.
- Refine coordination and equilibrium in daily life.

REGISTER BY MAIL:
Send your name, selected day, e-mail address, telephone and check made payable to:
Suzie Lundgren
PO Box 7497
Santa Cruz, CA 95061

BE SURE TO SELECT YOUR DAY!

REGISTER ONLINE:
http://www.suzielundgren.com/news/register-online

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 5:45 to 7:00PM
WHERE: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST: Full Series: 1 day/week
$240 or $198 (if paid before Aug 31st)*
Half Series: 1 day/week
$120 (no early discount) * First 6 weeks, Sept 11-Oct 18

*If you are attending for the first time, take 10% off!
Full Series $216, or $178.20 if paid before Aug 31st / Half Series $108

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 6 or 12 week series who would like to add a second class per week may do so at a discounted rate for $5 per class.

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From Surviving to Thriving

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.

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.

- 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: Tannery World Dance and Cultural 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.
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.

This fall (Part I) and winter (Part II) we 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!

- 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

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 5:30 to 6:45PM
WHERE: The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST: ONE CLASS PER WEEK
Full 10 week series: $140 (paid by August 20th)
Full 10 week series: $165 (paid after August 20th)

TWO CLASSES PER WEEK
Full Series (20 classes): $190 (paid by August 20th)
Full Series (20 classes): $210 (paid after August 20th)
DANCING IN JANUARY

FRIDAY-MONDAY, JANUARY 13-16, 2012
(MARTIN LUTHER KING, JR. HOLIDAY)

Come dance, share, learn, mentor, deepen your inner connectivity and hone your outer expressivity in a nourishing environment with longtime Bill Evans teachers and colleagues **Debra Knapp** and **Suzie Lundgren**. Bring your successes, challenges and “out takes” as we help each other grow, invent and clarify this wonderfully rich material. Come join us in collectively imagining an expanded future for joyful, sound and richly varied movement expression for all.

This workshop is open to teachers/dancers interested in finding out more about integrating Bill Evans technique, Laban/Bartenieff and *Feldenkrais*® concepts into their personal and professional life. This session will also serve as a mid-year refresher for those working towards their Bill Evans Certification or for former graduates.

TO REGISTER:
Send your tuition, name, address, telephone and e-mail to:
Debra Knapp
MSC3M, PO Box 30001
Las Cruces, New Mexico 88003

MAKE CHECKS PAYABLE TO:
NMSU Foundation; P.A.D.I.

FOR MORE INFO:
deknapp@nmsu.edu
(Detailed course descriptions, logistics, registration/payment options)

WHEN:  Friday 3pm-8pm, Sat & Sun 8:30am-7pm, Mon 8:30am-1pm
WHERE:  New Mexico State University
          Las Cruces, New Mexico

COST:  NON-REFUNDABLE REGISTRATION FEE: $35
        Full 4-Day Workshop:  $140 (paid by December 15th, 2011)
                                $215 (paid after December 15th, 2011)
        Saturday/Sunday only: $115(paid by December 15th, 2011)
                               $130 (paid after December 15th, 2011)
        Per class:  $25

*See back of flier for instructor’s bios, accomodations and transportation*
Finding ease and balance on our feet can be elusive, particularly when limiting habits accrue after accidents or injuries, when new activities challenge existing abilities, or when infirmity or inaction interferes with equilibrium.

You’re invited to join Suzie and Larry for an unusual and intriguing series of Dr. Feldenkrais’ movement lessons directly related to improving posture, standing balance, and upright locomotion including walking, running, skiing and dancing. These lessons are designed to engage curiosity, reveal blindspots, develop psycho-physical intelligence, and provide tools for continued learning - between class meetings and after the series are over.

- Rediscover & hone the responsiveness of your feet.
- Clarify the motion & support of your hip joints.
- Find your balance point standing on one and both legs.
- Connect to the power of your center.
- Improve your understanding of “grounding” in stillness and action.

Whether you want to develop your athletic prowess or are simply interested in being more steady on your feet in daily life, these lessons offer a simple, step-by-step program to tap your personal potential for secure, powerful standing and moving.

(Please note: Many of the lessons in this series will be done standing.)

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

WITH GUILD CERTIFIED FELDENKRAIS TEACHERS™

Suzie Lundgren, MA, and
Larry Goldfarb Ph.D

TWELVE WEEKS
January 25 - April 14
2011

WHEN:  Tuesdays 9:30 to 10:45AM -or- Thursdays 5:30 to 6:45PM
WHERE:  The Pacific Cultural Center
        1307 Seabright Avenue, Santa Cruz

COST:  ONE CLASS PER WEEK
        Full 12 week series:  $165  (paid by January 3rd)
        Full 12 week series:  $190  (paid after January 3rd)

        TWO CLASSES PER WEEK
        Full Series (24 classes):  $210  (paid by January 3rd)
        Full Series (24 classes):  $255  (paid after January 3rd)
Our fall Feldenkrais® series is centered around the Awareness Through Movement® 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.

Choosing these simple, effective mind-body lessons creates a framework for fully exploring the question “How do we apply these Feldenkrais® 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.

- 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.

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)
Secrets of a Feldenkrais Teacher

SIX WEEK SERIES of CLASSES
May 18th through June 24th, 2010  |  Tuesday Mornings or Thursday Evenings
Offered by Suzie Lundgren MA & Larry Goldfarb PhD
Guild Certified Feldenkrais® Teachers

WHAT FELDENKRAIS® LESSONS DO THE TEACHER’S OF THE METHOD COUNT ON FOR THEIR OWN WELL-BEING?
In this course, Suzie and Larry will share some of their personal favorites, the lessons that they use to maintain their own flexibility, well-being, and health. Continuing students can expect to gain more insight into customizing and applying the method for developing a personal practice. Beginning students can be introduced to accessible lessons, experience the surprising changes that an Awareness Through Movement® class can illicit, and gain a basic understanding of the principles underlying the method.

Join us and...
• Enjoy learning new ways to move
• Move beyond the hidden habits that limit flexibility and fitness
• Raise overall health and extend your movement life
• Deepen your personal practice

*Please choose one class to attend each week. Students can make up missed classes in the other section if space allows.

WHEN and WHERE:
Tuesday  9:30 - 10:45 am*
Thursday  5:45 - 7:00 pm*
Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST and REGISTRATION:
$80 (if received on or before 04/18)  •  $100 (after 04/18)
Send fee, name/address/phone/email, and preferred day to:
Suzie Lundgren, P.O. Box 7497, Santa Cruz, CA 95061

Make checks out to: Suzie Lundgren

Info  susie@suzielundgren.com  or call 831.423.6787
IN A WORLD FULL OF COMPLEXITY, MULTITASKING, CONTRADICTIONS AND CROSSED PURPOSES, it is easy to experience our bodies, ourselves, cut up in parts like chickens in the butcher’s case; legs and thighs, breast, necks and gizzards, with each individual piece separated from the whole. Without roadmaps or guidelines, we unwittingly begin moving in ways that cut off our inner lines of support, undermining the integrity of our physical structure and further separating us from ourselves.

HOW DO WE RE-CONNECT? How can we find physical integrity in motion?

REDISCOVER THE INHERENT CONNECTIONS OF OUR PHYSICAL STRUCTURE in our new twelve week series of Feldenkrais Awareness Through Movement® classes. We will explore and experience, from the inside out, how our arms connect to our center, how our feet and legs connect to our spine, how the top halves of ourselves connect to the bottom half, how the right side connects to the left and, most importantly, how experiencing these connections will change us. Designed for students of all levels, these lessons enhance performance and serve as a daily practice for those wishing to extend their movement vitality and longevity.

join us and...

• Encounter and cultivate your six lines of core connectivity
• Enjoy learning new ways to move
• Discover greater ease in everyday life
• Move beyond the hidden habits that limit flexibility and fitness
• Develop poise and powerful action

WHEN and WHERE:
Monday 5:45 - 7:00 pm
The University Inn
601 Ocean Street, Santa Cruz
Tuesday 9:30 – 10:45 am
Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST and REGISTRATION:
$195 (if received after 12/20)
Send fee, name, address, phone and email to:
Suzie Lundgren, P.O. Box 7497, Santa Cruz, CA 95061
Make checks out to: Suzie Lundgren

info suzie@suzielundgren.com or call 831.423.6787
EVERYDAY we operate an extraordinary physical instrument without much of an idea of how we are designed to move. Without an awareness of how we’re built, how can we – regardless of our size or age – maximize efficiency, avoid injury and get the most pleasure out of what we do?

DEVELOPING even a basic understanding of the body’s structural architecture opens the door to moving through the world with confidence and grace. Suzie and Larry once again present a user-friendly guide to the use and care of the body you have. It’s the only one you get this time around, so JOIN US!

LEARN HOW...

...your parts fit together for smoother trouble-free movement
...to move toward optimal efficiency and ease
...to develop heightened awareness, improved balance and better coordination
...to have fun without the danger of injury!

REGISTRATION... ☛ $130 (if received by 8/24) ☛ $165 (if received after 8/24)
Send registration fees made out to: Suzie Lundgren
Mail to: P.O. Box 7497, Santa Cruz, CA 95061

Info: suzie_suzielundgren.com or call 831.423.6787
A LEG TO STAND ON
WORKSHOP OFFERED BY GUILD CERTIFIED FELDENKRAIS™ TEACHER
Suzie Lundgren
July 12th, 2009 • Suny Brockport • 9AM-1PM
BROCKPORT, NEW YORK

DEVELOPED BY DR. FELDENKRAIS the lessons in this workshop are rarely taught outside of professional trainings. Updated and tailored to meet the concerns and interests of dancers and dance teachers, these classes will improve the coordination patterns of how we stand, balance and transfer weight. I have designed the workshop to help you incorporate and integrate new understandings into your classes, personal practice and performance.

- Refine equilibrium, poise and spatial awareness
- Improve the power and propulsion of your legs
- Cultivate the ability to self-regulate tight, overused muscles

$45.00
REGISTRATION To hold your place in this event:
1) Make your $45.00 check payable to: Suzie Lundgren
2) Mail check for $45.00 to:
   Bill Evans, Department of Dance
   The College at Brockport
   350 New Campus Drive
   Brockport, NY 14420

INFORMATION
Email: suzie@suzielundgren.com
Telephone: (831) 423-6787

SUZIE LUNDGREN, BFA, MA, CFT is a Guild Certified Feldenkrais® Teacher. Formerly a Pilates instructor, Yoga teacher and professional Dancer/Choreographer, she has also trained in Cranial Sacral therapy, Continuum, Tai Chi and Authentic Dance. Having taught and performed for 20 years in the UK, Netherlands, Austria, Italy and the US, Suzie brings a wealth of academic and field experience to her down-to-earth teaching style as well as a highly developed understanding of kinesiology, bio-mechanics and physics. Noted for her warmth and humor, her presentations are easy to understand and incorporate into one’s life. In private practice for the past 12 years in Santa Cruz, CA for 12 years, she is currently completing a two year Certification in Laban/Bartenieff Movement Analysis.
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.

“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
A TWELVE WEEK SERIES OF CLASSES
January 12 through April 1, 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

Tuesday Evening 5:45 - 7:00
Body and Soul Studio, 738 Chestnut, SC

Wednesday Morning 9:00 - 10:15
Pacific Cultural Center, 1307 Seabright, SC

360° OF AWARENESS IS A WAY TO:

- Rediscover the flexibility you’ve lost or forgotten
- Easily improve your posture and poise
- Develop dexterity and refine your coordination
- Feel “more comfortable in your skin”
- Learn how to sit restfully and at ease on the floor
- Become more tuned into yourself and your environment

Moshe Feldenkrais stated that the skilled martial artist moves through the world with 360° of awareness. Is it possible to stay awake to the world all around us while, at the same time, listening internally? Connecting our experience inside and out offers an antidote to sleepwalking through life. To cultivate multidimensional engagement, we must develop the ability to simultaneously notice what’s happening around – above, below, behind, at our sides, in front – and within.

Drawing on the actual lessons taught by Dr. Feldenkrais, this semester we offer an intriguing yet practical series of classic Awareness Through Movement® (ATM) lessons. Each ATM provides a roadmap for learning easy, articulate motion and supplies clues to unlocking the habits of perception.

LIVING IN 360° transforms inclusive attention, mindful motion, and graceful coordination from abstract concepts into actual, attainable ways of being in daily life.

SNEAK PEEK!

Wed, January 14th from 7-9pm @ the Vets Hall in Santa Cruz
Suggested donation $15

Join Suzie and Larry for a special opportunity to learn about the Feldenkrais Method, meet the teachers, and experience the power of the Method first hand. This class will prepare beginners and late-comers to join the series. If you are already enrolled, please join us to review the introductory lesson and deepen your understanding.

THIS SERIES INCLUDES some challenging lessons.*

Come prepared for lessons in a range of positions: sitting in a chair and on the floor, lying on the side, back and front, and standing. Please choose the day or days you wish to attend regularly each week. Students may make up a missed class in another class time without charge if space permits.

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

Twelve Week Series / Two Classes per Week $295 ($220 if received before 12/15)

Twelve Week Series / One Class per Week $180 ($150 if received before 12/15)

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_moves@yahoo.com or call 831.423.6787
Comfortable Reaching & Spacious Breathing

Reaching (both physically and verbally) for what we want or need, to complete a task or to prevent an accident makes up a significant portion of how we spend our days. Full, generous breathing underlies our ability to reach, speak and sing with resonance. These 12 lessons will illuminate how the boney rib structure, the vocal apparatus and the shoulder mechanisms are exquisitely intertwined to support these vital activities.

- Improve shoulder comfort
- Speak with more ease and effectiveness
- Enhance your self image
- Fortify the power of your upper body
- Prevent unnecessary injury
- Explore your potential

A TWELVE WEEK SERIES OF CLASSES - Jan 28 - April 16th, 2008
OFFERED BY GUILD CERTIFIED FELDENKRAIS™ TEACHERS:
Suzie Lundgren, Kaya Brown, Debora Morrison and Song Nelson

CLASS TIMES AND LOCATIONS - (Choose one)
- Monday Evening 5:45 - 7:00 @ Pacific Cultural Center, 1307 Seabright, SC *Suzie and Kaya will alternate
- Tuesday Morning 9:30 -10:45 @ Pacific Cultural Center, 1307 Seabright, SC *Suzie and Debora will alternate
- Wed Morning 9:00 - 10:15 @ Pacific Cultural Center, 1307 Seabright, SC *Suzie and Song will alternate
- Tuesday Evening 5:45 - 7:00 @ Body and Soul Studio, 738 Chestnut, SC *Suzie and Deborah will alternate

COST
$180 for 12 week series received after 12/15/08
$145 for 12 week series received before 12/15/08
$100 for 1/2 series - first or second 6 weeks (no early discount)

Send registration fees to: Suzie Lundgren
P.O. Box 7497, Santa Cruz, CA 95061

*** SPECIAL INTRODUCTORY CLASSES ***
Attending one of these classes prior to starting the series is highly recommended for beginning students.

January 7th, Monday Evening 5:30 - 7:00 @ Pacific Cultural Center
January 9th Wednesday Morning 9:00 - 10:15 @ Pacific Cultural Center
January 15th, Tuesday Morning 9:30 - 11:00 @ Pacific Cultural Center
January 16th. Tuesday Evening 5:30 - 7:00 @ Body and Soul

Introductory Class Donation at the door - $10 - $15

“ATM Veterans” are invited to come and bring curious friends, family to learn some of the underlying concepts and history of this profound method. We will also teach a complete ATM lesson and allow time for questions.

FOR MORE INFO CALL 831.423.6787
SHAPESHIFTING SERIES

EXPLORING EXPRESSION

A Day of Movement, Meditation and Reflection for Women with SUZIE LUN DGREN & LAUREN CRUX

Whether we set our jaw, grimace or grin, furrow our brow or soften our gaze, we meet the world and the world meets us. How do we take part in creating the lot we are handed and how do we handle the lot we get? Come enjoy a day of creative self-inquiry, and shared experience.

We will use Feldenkrais™ Awareness Through Movement™, Qigong, free writing (sharing optional), and some high play to investigate the questions: How do we face the world? and What do we have to face?

• No prior writing, moving, or meditating experience is necessary, only your spirit of fun and curiosity!

TIME 9:30 am - 4:30pm  Sunday, April 1st, 2007
COST $135 (Early bird $110 by March 10th)
Refund (less $25) by March 17th
WHERE Body & Soul Yoga Studio, 738 Chestnut
(entrance on Squid Alley) Santa Cruz
INFO Contact Lauren Crux @ 831 425 8700 or
Suzie Lundgren @ 831 423 6787
SEND REGISTRATION CHECK made out to Lauren Crux:
740 Front Street, Suite 378, Santa Cruz, CA 95060
*Class size limited to 12

CE UNITS AVAILABLE FOR LMFTs & LCSWs

LAUREN CRUX (LMFT #8199), has over thirty years experience as a psychotherapist, teacher, and workshop presenter. Her current interests include contemporary feminism, relational psychoanalytic theory, and Buddhist psychology. She also holds an MFA in interdisciplinary studio arts and brings her love and understanding of the creative arts as well as the mind/body arts to this workshop. Walking, hiking, Qigong, yoga, and meditation, help keep her sane.

SUZIE LUN DGREN A Guild Certified Feldenkrais™ Teacher and Certified Pilates Instructor, Suzie holds an MA in Choreography and Kinesiology and a BFA in Dance. With a lifelong passion for the art of moving and a sound knowledge base of the science behind the art, her 25-year career as a professional dancer/choreographer/educator lies at the foundation of her teaching style. A few of her credits include Houston’s Space/Dance/Theater, the Houston Ballet, London’s Laban Center for Movement and Dance, Ophieding Moderne Danshool (Amsterdam). Suzie has been practicing in Santa Cruz for the past 10 years, where she lives with her husband and her wisest teacher – Stretch the cat.