

Essential Movement[®] Class

- * *Do you suffer from “computer shoulders”?*
- * *Is your back stiff after standing in surgery for several hours?*
- * *Would you like to increase the flexibility in your neck and back while reducing the strain in your arms and hands?*

Then this is the class for you!

Learn how to move more efficiently and reduce fatigue. Learn how to recruit the large muscles of your trunk while allowing the finer muscles of your neck, arms, and hands to do what they were designed to do...refined, elegant movements!

Through a series of verbally guided sequences you will develop optimal posture while improving your neuromuscular patterning.

Essential Movement[®] is based on the work of Moshe Feldenkrais, physicist, engineer, and martial arts master.

PLACE: Sutter Women’s Health Resource Center
625 Steele Lane, Santa Rosa, CA

TIME: **Thursday, 10:45 to 11:45 am**

FEE: \$15.00 drop-in
or \$10.00 per class with a six class minimum
(First class free)

For more information contact:
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*Sutter Medical Center
of Santa Rosa*

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