

Moving with grace and ease

A Workshop in

The Feldenkrais Method ®

February 8 & 9, 2013

Clarksville, TN

Taught by Brenda Rasch, PT, PC

Physical Therapist

Feldenkrais Practitioner®

Healing Touch Practitioner/Instructor

Take time out of your busy schedule!

Who should come?

The Feldenkrais Method is for everyone, but might be of special interest to:

- ◇ *All those who want to move with greater ease and flexibility*
- ◇ *Athletes, musicians, and performers who want to enhance their skills*
- ◇ *Those who want to improve their posture*
- ◇ *Individuals who want to ease daily aches and pains*
- ◇ *The elderly who have lost function and mobility*

What is the Feldenkrais Method®?

The Feldenkrais Method is an innovative method of movement education that teaches you to move with greater ease and efficiency so you can enjoy life more. It's also one of the most effective stress reduction techniques around. Students of the Method enjoy better posture, breathing and coordination as well as greater mental and physical flexibility. They typically report enhanced performance, creativity, and pleasure in activities as diverse as walking, skiing, dancing, running, climbing, golfing, gardening, driving, and housekeeping. Feldenkrais lessons are fascinating and fun!

When?

Friday, February 8, 6:00 -9 pm

Saturday, February 9, 9 am - 4:00 pm

1 1/2 hour lunch break on Saturday

Where?

Holistic Nursing

331 A Union

Clarksville, TN 37042

What is the cost?

Early registration
(postmarked by January 11) \$100

After January 11 \$125

How Do I Sign up?

To guarantee your place please mail the registration form on the back along with your fee. Space is limited. Confirmation letter with map will be sent upon receipt of registration and fee.

Cancellation: Refunds prior to January 25 will be subject to a \$25 processing fee. No refunds thereafter.

This is what my clients have said about benefits from the *Feldenkrais Method*:

I feel more solid and more in control of my body; I can do more without getting hurt. I can walk with confidence on uneven surfaces. I was able to dance at my wedding! KK - Horseback riding instructor

I've been seeing doctors for 9 months and this has helped the most of anything. MB - Veterinary Bacteriologist

When I severely fractured my shoulder the doctors said I'd be lucky to ever touch my head again. Now I have 90% of my function back. MC - Clinical Psychologist

I have less pain, less fatigue and more stamina; it's the difference between being able to live my life or not live my life. I wouldn't be able to work full time if I didn't do this. CM - University of Tennessee professor and author

I don't have to hold onto my husband's arm when I walk, now. CB - housewife

I move my body better and my balance is so much better. BT - engineer

About the instructor

Brenda Rasch, PT, has a B.S. from Duke University and is a graduate of the Master of Science in Physical Therapy program at Boston University. After completing the *Feldenkrais* Professional Training Program at the University of Wisconsin River Falls she became the first physical therapist in East Tennessee certified in the *Feldenkrais Method*. In 2011 Brenda completed the 3 year Embodied Life™ Program with Russell Delman in California. Brenda has a holistic physical therapy practice incorporating *Feldenkrais* and Healing Touch. She works with individual clients as well as teaching Healing Touch, *Feldenkrais* and meditation classes and workshops.

