



# AWARENESS THROUGH MOVEMENT®

**BASED ON PRINCIPLES OF THE FELDENKRAIS METHOD®, AWARENESS THROUGH MOVEMENT CLASSES CAN BENEFIT ANYONE, YOUNG OR OLD, PHYSICALLY CHALLENGED OR PHYSICALLY FIT.**

**PLACE:** CENTURY CITY PHYSICAL THERAPY, INC.

2080 CENTURY PARK EAST, #205, LOS ANGELES, CA 90067

**TIME:**

TUESDAY AFTERNOONS

12:30 P.M.-1:30 P.M. ongoing classes

**INSTRUCTOR:**

STACY BARROWS, PHYSICAL THERAPIST, FELDENKRAIS® PRACTITIONER

**COST:** \$18.00 PER CLASS OR

\$60.00 PER SERIES OF FOUR

***SPACE IS LIMITED-***

***PLEASE CALL FOR RESERVATIONS***

