



FELDENKRAIS® CENTRE VANCOUVER

Presentation and Workshop Themes

The following is a list of our workshop and presentation topics. We are available to come to present at your workplace, organizational meeting or special event. All presentations and workshops include an experiential component where participants do slow, gentle movements focusing on the process of movement and on how to move with greater ease and efficiency. Depending on the group and venue, the movement explorations are done sitting in chairs or on the floor on mats. Each presentation can be customized to suit the needs of your group - from an hour presentation to a 3 hour workshop.

The Art of Dynamic Sitting

People who are on their computer all day, work at a desk job, sit in traffic or travel a lot in their car may feel the pressures put on the body by the simple act of sitting. Strain between the shoulders or stiffness in the neck, back and wrist are sure signs of improper sitting. You need to learn how to sit dynamically! In this workshop you will change your perception of sitting and think of it as a dynamic activity. You will learn strategies to help train your body how to move while you sit and how to sit with greater comfort.

Perfect your Posture

Good posture is not just sitting up straight or being able to stand and walk with a book on your head. Good posture is not a static position. In this workshop you will learn how to move from one position to the next with ease. Join us as we explore the different possibilities for a freer and more fluid posture.

Pleasurable Walking

We all know that regular walking is the safest way to get into shape and stay fit. Most of us would walk more if we could do it with more comfort, unfortunately aches and pains stop us from enjoying this gratifying exercise. Whether you want to be able to walk for longer distances or are training for a charity walk, this workshop is for you. Come out and learn how to use your whole body for easier and more pleasurable walking.

Freeing the jaw, neck and shoulders

The jaw, neck and shoulders carry much of our tension and stress, especially for those working at a desk or computer, or drafting table all day. In this workshop you will become aware of the triggers that put strain on the jaw, neck and shoulders. Come and experience the effective strategies to eliminate the cause of these tensions.

Sounder Sleep™

Life in the 21st century is faster, busier and more stressful than ever before. Let's face it life is hectic and the tensions of the day can carry over into the night and hinder our ability to fall asleep; as well as fall back asleep after waking in the middle of the night. In this workshop you will learn highly effective, simple and practical movements and breathing techniques for daytime stress relief and bedtime relaxation. Enjoy your rest, drift off to sleep effortlessly and awake rested and relaxed the next day.

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"Boost your Well Being Through Mindful Movement and Rediscover Flexibility in Mind and Body"