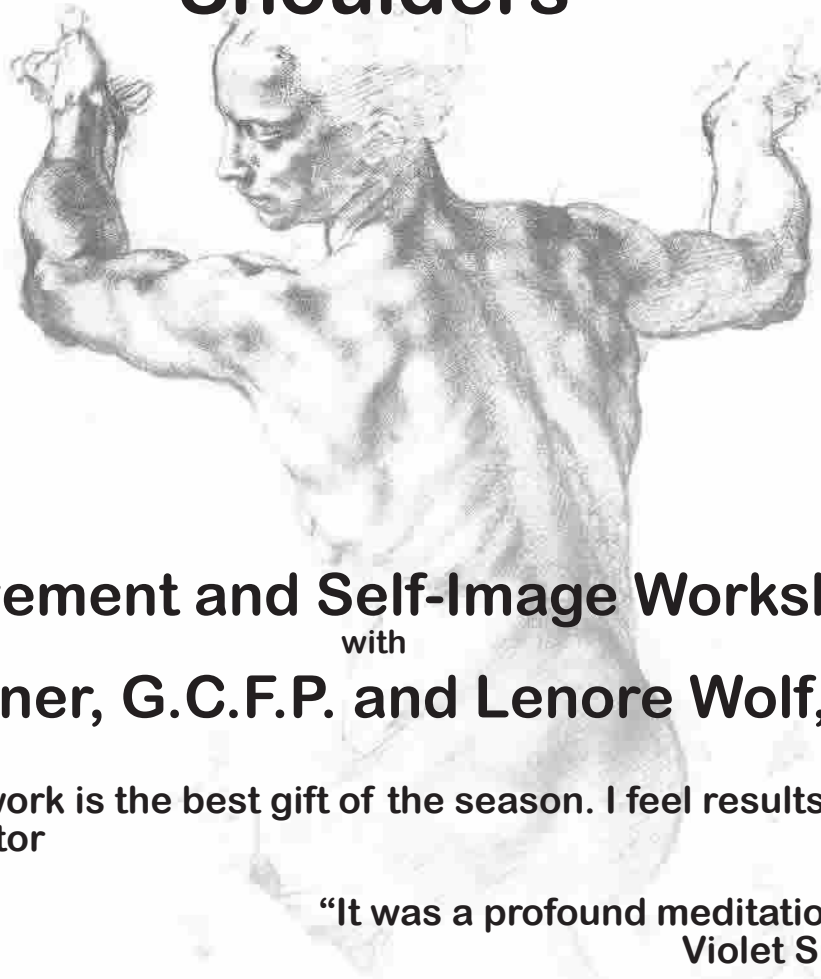


East Village  Feldenkrais

# The Feldenkrais Method<sup>®</sup> and the Shoulders



**A Movement and Self-Image Workshop**  
with

**Debra Wanner, G.C.F.P. and Lenore Wolf, G.C.F.P.**

“This Feldenkrais work is the best gift of the season. I feel results immediately.”  
Kimberly Flynn, Actor

“It was a profound meditation on the body.”  
Violet Snow, Journalist

**Sunday, February 7th, 4pm - 7pm**

**\$40 before Jan. 20th, \$50 after Jan. 20th**

**Sixth Street Pilates, 525 6th Street (btw Ave A/B)**

**Limited Enrollment**

**For Registration and Information, Contact Us**

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