

Lightness in Daily Life®

Micheline Vandepoel & Alexandra Berketi

Refreshing our relationship with ourselves and the world around us.

3 Monthly workshops of 3 Hours each (in EN/FR):



- * **Saturday, October 18 : “Grace and Effort” (10 am till 1pm):**
- * **Sunday, November 9: “Liberating the Pelvis, Lower Back and Neck” (2 till 5 pm)**
- * **Saturday, December 20: “A source of pleasure before your Holidays” (2 till 5 pm)**

“Nothing about our behaviour patterns is permanent except the belief that they are”

Moshe Feldenkrais

We move all day long. Many movements—small and large—are so obvious that we do them without realising it. We don't pay attention to them and don't notice whether these movements are putting a strain on us or not. We focus on what we should be doing, not on how we move. Feldenkrais focuses on the how.

By increasing awareness of our movements, the Feldenkrais method brings us closer to realising our human potential. We can learn to move more freely, with greater ease, flexibility, and grace/elegance. The method can permanently improve our posture, balance, and coordination, our innate capacity for vitality and continued self-development.

Mindfulness is an important aspect of the lessons, so you can call it mindfulness in motion.

“If you know what you are doing, you can do what you want.” Moshe Feldenkrais.

What to expect during the workshops:

Simple, unusual and playful movements will allow us to become aware of our habits (in terms of movement, feeling, emotion, reflection), to discover new ways of moving, to eliminate pain and to inhabit ourselves in a more subtle way.

Practical info:

- **Who is it for?** Everyone, regardless of age, experience, or fitness level.
- **Price:** 60€ per workshop. To be paid on BE23 001446725391 in the name of Micheline Vandepoel, 30 rue du Canada, 1190 Brussels with the free mention " Workshop(s)/date(s), your name and family name.
- **Where?** “Cercle paroissial Sainte Gertrude”, Rue Doyen Boone 6, 1040 Bruxelles Bring your own mat.
- **Further information and registration:** Micheline Vandepoel: 7kabouters@gmail.com, GSM: 0478 31 20 95