

AWARENESS THROUGH MOVEMENT®

**A special workshop to benefit Three Cedars Waldorf School.
50% of net proceeds will be donated to the school.**

Like me, you probably want your children to deeply enjoy their childhood, remain connected to their own essential nature, and have a rich school experience that promotes their development through experiential learning.

But what about your own need to develop through on-going experiential learning? What you want for your children is often not so easy to find within yourself. Can you recall the joy of learning, and recover your capacity for learning that has become restricted over the course of your life?

In this workshop, you will remember the pleasure of learning. Experience carefully constructed movement experiences to help you function in your body in a more simple and pleasurable way. Over the weekend, you will:

- Learn to breathe more easily;
- Learn what is good posture and self-organization from a biological perspective (not what your mother told you);
- Discover how to reduce stress and tension;
- Discover a new-found potential for freedom of movement;
- Recover abilities lost due to past injuries;
- Learn how your brain is effected by intentional movement.

ABOUT JEFF HALLER / INSIDE MOVES & THE FELDENKRAIS METHOD®



Pioneered by Israeli scientist Moshe Feldenkrais, the **Feldenkrais Method®** offers a novel, unique and profound way to examine your habitual and often limiting ways of acting. Through attending to your self in movement, you'll discover how to improve the quality of your actions in life.

Dr. Jeff Haller studied directly with Dr. Moshe Feldenkrais. After graduation from his Feldenkrais training in 1983, Jeff created Inside Moves, operating a movement arts center in Seattle, WA from 1984-1991 where classes in Feldenkrais, Aikido, Yoga, Tai Chi and meditation were offered. Since 1993, Jeff's primary focus has been to train Feldenkrais Method teachers. He has developed and refined his skills, conducting Feldenkrais trainings and mentoring programs worldwide, while building an extensive private practice in his hometown of Bellevue, WA.

WWW.INSIDEMOVES.ORG



REGISTRATION

Three Cedars parents: \$150; \$250/2
Three Cedars teachers: \$75
Public (space permitting):
\$200; \$350/2

To register, mail check to:

Inside Moves, 15081 SE 54th Pl
Bellevue, WA 98006

Questions? jeff@insidemoves.org

WHERE & WHEN

October 24-26, 2014

Free Lecture/Demo: Friday, 7-9pm

Workshop:

Saturday, 9am-4pm

Sunday, 9:30am-3:30pm

Dreamclinic

15436 Bel-Red Rd, Redmond

Wear warm, comfortable clothes