



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 thinking and 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



FELDENKRAIS METHOD® WORKSHOP

BRAIN FOOD FOR ADULTS

**A special workshop to benefit Three Cedars Waldorf School.
100% of net proceeds will be donated to the school.**

Can you recall the joy of learning? Do you want to recover your capacity for learning that has become restricted over the course of your life?

In this Feldenkrais Awareness Through Movement® 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.



REGISTRATION

Public: \$200; \$350/with a friend
Three Cedars parents: \$150; \$250/2
Three Cedars teachers: \$75

No one turned away for lack of funds.

**Register at www.insidemoves.org
or mail check to:** Inside Moves
15081 SE 54th Pl, Bellevue, WA 98006

Questions? jeff@insidemoves.org

WHERE & WHEN

February 5-7, 2015

Free Lecture/Demo: Friday, 7-9pm
Workshop:

Saturday, 9am-4pm

Sunday, 9:30am-3:30pm

Three Cedars Waldorf School
556 124th Ave NE, Bellevue

Wear warm, comfortable clothes