



Basics for your back

Get back in action

Using the **FELDENKRAIS Method**® of sensory learning, you will learn simple repeatable movements that improve your central axis of movement and flexibility: your spine.

OUTCOMES:

- **Get relief from back pain, stress, and tension**
- **Increase range of motion and flexibility**
- **Reduce the risk of recurring back problems**
- **Improve the comfort of your movements**

When: First Saturday of every month
February 5, March 5, April 9, May 7, June 4
Time: 3:00 – 5:00 pm

Where: MindMoves FELDENKRAIS Institute
1540 140th Ave NE, Suite 100
Bellevue 98005

Cost: \$30–
Call 425-278-2220 ext. 0 to register

“Becoming aware of one’s movements, and exerting less effort, can relieve stress, reduce pain, enhance agility and make life more enjoyable.”

- Frank Wildman, GCFP and Trainer -

For more information, call
Irene Pasternack, GCFP
at 425-278-2220 ext. 46 or Tara ext. 0
Or visit www.MindMoves.com

Why take this workshop?

Because pain that is strong enough to get your attention and prevents you from enjoying your normal activities is asking to be heard and remedied. This workshop is for anyone who feels limited due to discomfort or pain. You can learn which movements strain your back, which make your back feel good, and how the proper functioning of the feet, pelvis, spine and shoulder girdle work together to create comfort in action.

Why is the FELDENKRAIS Method effective?

The effectiveness of the FELDENKRAIS Method lies in its ability to access our brain’s innate potential to develop and improve through sensory-based development and learning.

The process involves engaging in simple movement sequences in a slow and gentle way while recognizing restrictive patterns and perceiving new possibilities. It’s how you learned as an infant and can continue to learn throughout your life.

Why take classes with Irene Pasternack?

Irene enjoys sharing an approach that helped her and thousands of others escape from career and life-limiting pain. She is passionate about teaching techniques that you can use on your own to prevent and get out of pain. She has supported students of all ages and from all walks of life to recover and discover more pain free, easy, efficient movements that improve the quality of their life at work and at play.

Who would benefit from attending?

Anyone who wants to know what it feels like to move more easily, less painfully and improve their comfort while they

Sleep

Sit

Stand

Dance

Walk the dog

Pick something up

Participate in a sport

Twist

Lift

Reach

Skate

Roll over in bed

Get in and out of the car

Enjoy a hobby