



## Compute in Comfort: *It Doesn't Have to Hurt!*

Have you ever stood up after hours on your computer and said "Ouch"? And then wondered what caused this pain and how to avoid it?

Using the **FELDENKRAIS Method®**, you can work and play without strain.

### Typical results:

- **Relieve pain in wrists, neck, shoulder, and back**
- **Reduce eye strain**
- **Ease tension**
- **Prevent re-injury**

When: **November 6th & 13th**  
2 Saturdays 1:30 – 4:30 pm

Where: MindMoves FELDENKRAIS Institute  
1540 140<sup>th</sup> Ave NE, Suite 100  
Bellevue 98005

Cost: \$90  
Call 425-278-2220 ext. 0 or email  
feldenkrais@mindmoves.com to register

For more information, or to register,  
call 425-278-2220 X 0  
or visit [www.MindMoves.com](http://www.MindMoves.com)

### Why take this workshop?

Strain and pain are not inevitable. If you experience occasional discomfort when you use the computer, or even worse, chronic pain that continues even when you're not using the computer, you know how the quality of your life and work suffers.

In this workshop, you'll learn which movements you do strain your wrists, back, neck and eyes, and which movements make you feel more relaxed and comfortable. You'll explore how to keep breathing as you work, and how to maintain awareness of your body as you focus.

### Why is the FELDENKRAIS Method so effective?

The FELDENKRAIS Method activates your brain's innate potential to grow and improve through sensory-based development and learning. The process involves simple movement sequences done slowly and gently to recognize restrictive patterns and perceive new possibilities.

Think of the joy on the face of a child who has just mastered a new skill like rolling over or standing up. Feldenkrais takes you back to that same type of sensory learning. It's how you learned as an infant and can continue to learn throughout your life.

### Why take a workshop or session from Irene Pasternack and Ed Mills?

Ed works as a system administrator and Irene as a technical writer, and they enjoy sharing an approach that has helped them escape career-limiting pain. They are both *Guild Certified Feldenkrais Practitioners<sup>cm</sup>*, and are skilled at helping people of all ages and walks of life discover pain-free, easy, efficient action.

### Who would benefit from taking this workshop?

Anyone who wants to feel what it's like to work or play comfortably at their computer, including those diagnosed with carpal tunnel syndrome or repetitive stress injury.