



## Use of Hands

### Precise and pain free hands

Using the **FELDENKRAIS Method**®, discover how to work and play without strain to your hands and wrists.

#### RESULTS:

- **Hands are relaxed**
- **Risk of injury is reduced**
- **Problem-causing habits are revealed**

When: **October 15 & October 16**  
 Friday 6:30 – 8:30pm  
 Saturday 9:00am – 1:00pm

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

*"Remember, if you ever need a helping hand,  
 it's at the end of your arm..."* Audrey Hepburn

Come to this workshop.  
 Experience the relevance of this quote!

For more information, contact the teacher:  
 Janice Vincent, GCFP  
 425-278-2220 ext. 41 [janicev@mindmoves.com](mailto:janicev@mindmoves.com)

Please visit [www.MindMoves.com](http://www.MindMoves.com)

### Why take this workshop?

Your hands are your tools, your means for expression, and our ally in discovering the world. If you experience limitation, or worse yet, pain in the use of your hands, your life is compromised, your mood is compromised, and your learning is compromised.

This workshop is for anyone who wants to use their hands in a fully functional way - a way that actually improves your hands, the development of your brain, and your state of mind. You can learn which movements strain your hands and which movements make your hands feel good. You will also learn how the health of your hands affects the rest of your body and vice versa.

### Why is the FELDENKRAIS Method 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. This is how you learned as an infant, and how you can continue learning throughout your life.

### Why take a workshop with Janice Vincent?

Janice knows how to get results. A Guild Certified Feldenkrais Practitioner<sup>cm</sup>, she successfully uses the Feldenkrais Method to improve the quality of her clients' lives. She has taught full time in private sessions, classes, and workshops for over 12 years and founded MindMoves FELDENKRAIS Institute. She helps 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 move easily, less painfully, and in comfort, including those diagnosed with carpal tunnel syndrome, repetitive stress disorder, and arthritis. Among others, this workshop is helpful for:

Computer users	Hairdressers
Healthcare professionals	Artists
Laborers	Sports participants