

# Better Health Care



For Massage, Shiatsu & Reflexology

**905-642-4237**

Are you looking to:

- Move more freely?
- Relax and de-stress?
- Reduce pain?
- Recover from injury?
- Feel lighter and more energized?

You can. With a simple, one-hour class each week based on the **Feldenkrais®** method of body awareness.

Never tried a class before? Your first one is **free!**

Call **905 640 4490**  
The Feldenkrais® School of Somatic Learning Inc.

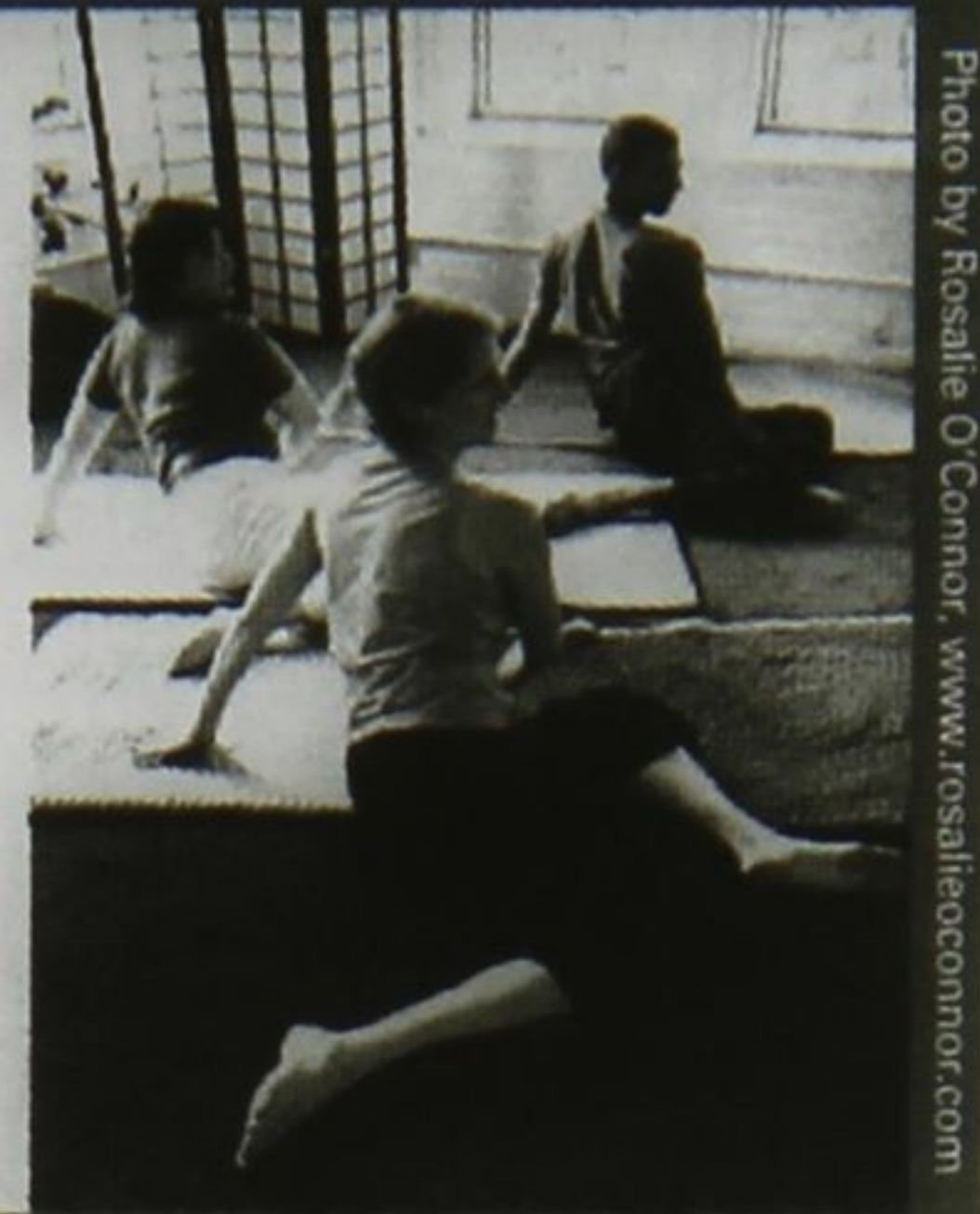


Photo by Rosalie O'Connor, www.rosalieoconnor.com

## FREEDOM OF MOVEMENT: A PROVEN METHOD HELPS PEOPLE RECOVER FROM INJURY, REGAIN FLEXIBILITY

Ever noticed how freely children move? Ever wondered how lightness and joy turned into effort and aches? Ever wished you could regain that original ease and pleasure of movement?

One man, scientist Dr. Moshe Feldenkrais, did – and went looking for answers. He studied child development, body mechanics – including how force travels through the human skeleton – and learning theories. He developed a system of simple lessons that help people relearn functional, easy movement. He called it the **Feldenkrais Method®**.

Feldenkrais started his work back in the 1960s. Today, people all around the world use the method to rediscover their natural ability to move. It's ideal for people who want to:

- recover from injuries or surgery
- improve flexibility and range of motion as they age
- relax, de-stress and simply feel good in their bodies.

You can take these lessons in two ways: private **Functional Integration®** sessions or group classes, called **Awareness Through Movement®**. Many people find a combination most helpful. **Friederike Bental**, certified **Feldenkrais® Practitioner**, offers both through the **Feldenkrais® School of Somatic Learning Inc.**

**Who is Friederike Bental?**

Friederike was for many years an enthusiastic horseback rider and fitness instructor. In 2004

she completed an intensive four-year training in the Feldenkrais method. Ever since, she has worked successfully with the general public as well as children, seniors, dancers, figure skaters, marshal artists and people recovering from injuries or surgeries.

**How do you get started?**

Call 905-640-490 or e-mail [feldenkrais@look.ca](mailto:feldenkrais@look.ca). To learn more, visit

[www.feldenkrais.com](http://www.feldenkrais.com) or [www.Feldenkraistoronto.ca](http://www.Feldenkraistoronto.ca)

**You too can improve how you move!**

**Feldenkrais®, Feldenkrais Method®, Functional Integration® and Awareness Through Movement®** are registered service marks of the **Feldenkrais Guild® of North America**.

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