



# Awareness Through Movement® Class Schedule

**Effective August 14, 2017**

Drop-ins: **\$25** 10% discount for online registration

10 Class Card: **\$220** Class Cards expire six months from date of purchase

**Basics Class:** We recommend this class if you are new to the Feldenkrais Method®

**Open Class:** This class will build upon concepts that are introduced in the Basics Classes

**Community Class:** Open to all levels and donation-based (\$10 suggested)

**Moving Out of Pain:** This class is open to all, but is tailored to those experiencing pain

Mats are provided. Be comfortable! Wear clothing that is easy move in.

<b>Monday</b>	12:30 pm	<b>Open Class</b>	with Marek Wyszynski
	6:00 pm	<b>Moving Out of Pain *NEW</b>	with Mark Hirschfield
<b>Tuesday</b>	12:30 pm	<b>Basics Class</b>	with Kasia Wyszynski
	3:00 pm	<b>Community Class</b>	with Janet Steele
<b>Wednesday</b>	12:30 pm	<b>Open Class</b>	with Mark Hirschfield
	5:30 pm	<b>Basics Class *TIME CHANGE</b>	with Mark Hirschfield
<b>Thursday</b>	12:30 pm	<b>Yoga/Feldenkrais</b>	with Suzanne Ausnit
	6:30 pm	<b>Basics Class</b>	with Marek Wyszynski
<b>Friday</b>		<b>No Classes</b>	
<b>Saturday</b>	12:30 pm	<b>Open Class *NEW</b>	with Margot Schaal
	1:45 pm	<b>Basics Class</b>	with Janin Gunderman
	5:30 pm	<b>Community Class</b>	with Janin Gunderman