



Awareness Through Movement® Class Schedule

Effective November 11, 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.

Monday	12:30 pm	Open Class	with Marek Wyszynski
	6:00 pm	Moving Out of Pain	with Mark Hirschfield
Tuesday	12:30 pm	Basics Class	with Kasia Wyszynski
	3:00 pm	Community Class	with Janet Steele
Wednesday	12:30 pm	Open Class	with Mark Hirschfield
	5:30 pm	Basics Class	with Mark Hirschfield
Thursday	12:30 pm	Yoga/Feldenkrais	with Suzanne Ausnit
	6:30 pm	Basics Class	with Marek Wyszynski
Friday		No Classes	
Saturday	12:30 pm	Open Class	with Margot Schaal
	1:45 pm	Basics Class	with Janin Gunderman
	4:30 pm	Community Class *TIME CHANGE	with Janin Gunderman