

AWARENESS THROUGH MOVEMENT®

Join us in finding new ways to move young, loosen stiff joints and balance better with our Feldenkrais® classes.

**PLACE: Century City PT 2080 CENTURY PARK EAST, #410,
LOS ANGELES, CA 90067**

TIME: TUESDAY AFTERNOONS 12:30 P.M. -1:30 P.M. ongoing classes

**INSTRUCTOR: STACY BARROWS, PHYSICAL THERAPIST, FELDENKRAIS®
PRACTITIONER, Pilates teacher**

**COST: \$20.00 PER CLASS OR \$70.00 PER SERIES OF FOUR (if paid in
advance)**

SPACE IS LIMITED PLEASE CALL FOR RESERVATIONS #310.553.2519

Please Bring a mat and class starts on time

“What I’m after isn’t flexible bodies, but flexible brains. What I’m after is to restore each person to their human dignity.”

Moshe Feldenkrais