

# Understanding Movement from the Inside Out

## Back To The Basics

- Do you feel achy and tense?
- Do you feel your age and wish for more vitality?
- Did you injure yourself and have not fully recovered despite therapy?
- Do you want to be stronger, more flexible and have better balance, but the typical fitness class and yoga just isn't for you?
- Do you find yourself competing with others in fitness classes and sometimes come out of it more frustrated than energized?

If your answer is a yes to any one questions, this **Feldenkrais Awareness Through Movement® class** could be just right for you!

I will guide you through a movement process, that will “tune up” your nervous system and organize your body in new and better ways, so that you will use more of yourself in every action, thereby decreasing unnecessary stress impact on your bones, joints and muscles. You will feel more connected within yourself, stronger and more agile, moving with more fluidity and grace.

You may even experience more mental clarity and focus, changes in your mood, and happiness for no reason!

Come join me for a different way of moving, unlike anything you have done before.

**Time:** 8 Saturday from 10-11:15am, 10/3 - 11/21

**Location:** 400 29th Street, Suite 514

**Fee:** \$160 AND!!! Should you miss a class you will receive credit towards an individual hands-on movement lesson. 25% discount for a second family member.

Please register online at [acupuncturehealth.org/events](http://acupuncturehealth.org/events) or by phone, Tel. 510-612-3150.



**Gabrielle Allen**

Physical Therapist,  
Feldenkrais and ABM  
Children Practitioner.

I have a private practice in Oakland at the Acupuncture & Health Center, where I work with adults, children with special needs, and teach somatic education classes. My work is informed by thirty years of somatic learning and self inquiry, through movement, breath and meditation, and the inspiration and guidance of many wonderful teachers. I in return wish to inspire and help others, and empower them to express more of their spontaneous selves. I live in Oakland with my husband, two teens and Queen Luna, our cat.

