

- move better -  
the *Feldenkrais Method*



**Feldenkrais Workshop**  
**Yogazone Carrigaline**

**Sunday 3 February 2019 11- 2pm**    Theme: *Clarifying Shoulders*  
15 places                                  Euro 35.-

The Feldenkrais Method is a highly respected method of Somatic Education with slow, gentle and exploratory movements to bring consciousness to how movement works.

You want to feel better and move better?

You want to get to know yourself more and learn through and with your body?

You want to find out how to restore an easy, balanced posture, flexibility and coordination?

You would like to improve your performance in sports, dance, music and drama and wish to refine your sense of how your body moves?

**Bookings open via contact page [www.feldenkrais-cork.com](http://www.feldenkrais-cork.com)**

Susanne Leutenegger is swiss-born and has lived in Cork for 25 years. She trained for 4 years in the International Feldenkrais Centre in Sussex (GB) and has been teaching the Feldenkrais Method in classes and workshops in Cork and abroad.

Her students come from a wide range of interests and include Tango dancers, violin teachers, horse riders.....and all who share a wish to improve how they move !

*"I like that every Awareness-Through-Movement lesson is unique; every class feels like a mini-adventure. Because I can't anticipate the next instruction, I have to fully focus on the journey. It feels like a meditation in my body". Eithne*

*"When Susanne finally asked us to stand and notice differences compared to the beginning, I was very surprised. I felt refreshed, at ease, upright and at home in my body". Jacinta*