

- move better -  
The *Feldenkrais Method*



Easy-like-Sunday-Morning

***Feldenkrais Workshop***

**Sunday 3 February 2020 11-2pm Theme: *Best Moves for a Happy Spine***

**Yogazone Carrigaline 10 places Euro 35**

for bookings click: <https://feldenkraiscork.wordpress.com/contact-2/>

**You want to feel better and move better?  
You want to find out how to restore an easy balanced posture,  
find effortless flexibility  
and better coordination?  
You would like to refine your sense of how you move?**

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

Your teacher: Susanne Leutenegger has lived in Cork for more than 30 years and was born in Switzerland. She received the teacher qualification for the Feldenkrais Method after the 4-year international training and has been teaching The Feldenkrais Method for more than 10 years. She is also fully accredited to teach the Child Space Method which aims to improve movement at early developmental stages.

Her students come from a wide range of interests and include Tango dancers, violin teachers, horse riders, singers, walkers, swimmers...and anybody who wants to improve how they move !

***"I like that every Awareness-Through-Movement lesson is unique; every time is like a mini-adventure. Because I can't anticipate the next instruction, I fully focus on the journey and love to be surprised at the outcome."*** Eithne

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