

# COME EXPERIENCE The Feldenkrais® Method of Somatic Movement

Suzie Lundgren, MA, CFT, CLMA

Marcia Margolin, CFT

Matthew Shyka, CFT

Jill Duran, CFT



**10 WEEKLY CLASSES | APRIL 17 - JUNE 21, 2018 | HALF SERIES AVAILABLE**

**JOIN US AS WE DELVE INTO THE RICHES** of the Feldenkrais® Method! Artfully crafted, using principles of physics, neurology, mathematics, psychology, and physiology, these profound Awareness Through Movement (ATM) lessons challenge the brain to find and create new movement pathways. You will be gently guided through specific movement sequences in accessible positions such as sitting, standing and lying. Through this pleasurable process, designed by Dr. Moshe Feldenkrais (1904-1984), enhanced awareness, increased mobility, and expanded movement options become available. Limiting muscle patterns unwind, pain decreases and performance improves. Participants report positive changes in posture, fuller breathing and a greater ease in moving. For some, heightened mental clarity and sense of overall well-being emerges. The learning process is full of pleasant surprises and personal breakthroughs! These classes are designed for participants of all levels.

**LEARN**

**Learn to be your own teacher**

**DISCOVER**

**Discover unconscious movement patterns**

**ENHANCE**

**Enhance pleasure and comfort in motion**

**EXPAND**

**Expand movement options**

**GAIN**

**Gain strategies to keep small aches from becoming big ones**



**OPTION 1** Tuesdays 9:30 to 10:45AM  
**WHERE** The Pacific Cultural Center  
1307 Seabright Avenue, Santa Cruz

**OPTION 2** Thursdays 5:45 to 7:00PM  
**WHERE** The Pacific Cultural Center  
1307 Seabright Avenue, Santa Cruz

**COST** Full Series - 10 Classes \$195, or \$160 by 03/10  
Half Series - Any consecutive 6 Classes \$95

#### **REGISTER BY MAIL**

Send your name, selected day, e-mail address, telephone and check made payable to: Suzie Lundgren  
PO Box 7497  
Santa Cruz, CA 95061

*BE SURE TO SELECT YOUR DAY!*

#### **REGISTER ONLINE**

<http://www.suzielundgren.com/news/register-online>

#### **FOR MORE INFO**

[suzie@suzielundgren.com](mailto:suzie@suzielundgren.com) or call 831.332.7347

**Suzie Lundgren, MA, CFT, CLMA [www.suzielundgren.com](http://www.suzielundgren.com)**

A Guild Certified Feldenkrais® practitioner, a certified Laban Bartenieff Movement Analyst and a professional Dancer/Choreographer and Teacher, Suzie is a 35 year veteran of manual therapy techniques, Ballet, Modern Dance, Pilates, Tai Chi and Yoga. She has taught, danced and made dances in the UK, Netherlands, Austria, Italy and the US and brings a wealth of field experience to her down-to-earth teaching style. Having established these Santa Cruz Feldenkrais® classes in 1997, Suzie continues to foster a growing community of teachers and students interested in moving comfortably and optimizing overall health through the Feldenkrais Method®. She maintains a private practice in Santa Cruz, where she has lived since 1997.

**Marcia Margolin, CFT**

Marcia has been a longtime resident of Santa Cruz since 1973. In 1980 she had the remarkably good fortune to attend the last Feldenkrais Professional Training Program conducted by Moshe Feldenkrais. Upon completion and certification of the four year program, she embarked on developing her practice and introducing this unique method of movement education to our community. Marcia has derived great benefit and insights from being both student and teacher of this potent process that offers enhanced well-being and opens possibility in all aspects of one's life.

**Matthew Shyka, CFT**

Matthew Shyka is a dancer and choreographer who has been studying contact improvisation, improvisation, modern/contemporary dance, and various somatic forms for 22 years. Extensive studies with a myriad of these forms' mavens, notably Dennis Leri, Nita Little, Steve Paxton, Lisa Nelson, and Karen Nelson support and propel his compositions and teaching. In 2015 he became a certified practitioner of The Feldenkrais Method®. He has been a guest teacher at Cabrillo College and Esalen Institute.

**Jill Duran, CFT [www.movedifferent.com](http://www.movedifferent.com)**

Jill is a Guild Certified Feldenkrais® practitioner with a passion for improving the quality of life for both people and animals. After she experienced and integrated the significant changes offered by the Feldenkrais Method, she decided to leave her legal practice and open a private Feldenkrais® studio. Her work is informed by a life-long study of equestrian sports, yoga, Ayurveda, and philosophy. Jill lives in Bonny Doon with her husband, 3 horses, 2 miniature donkeys, and 3 dogs.