

COME EXPERIENCE The Feldenkrais® Method of Somatic Movement

Suzie Lundgren, MA, CFT, CLMA

Marcia Margolin, CFT

Song Nelson, MFA, CFT

Jill Duran, CFT



12 WEEKLY CLASSES | JANUARY 23 - APRIL 13, 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 5:15 to 6:30PM
WHERE The Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

COST Full Series - 12 Classes \$225, or \$185 before 12/11
Half Series - Any consecutive 6 Classes \$115

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 or call 831.332.7347

Suzie Lundgren, MA, CFT, CLMA 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.

Song Nelson CFT, MFA www.songnelson.net

Song is a dancer, choreographer, performing artist and teacher. Song has taught in universities, colleges, elementary schools and to individuals with and without physical challenges. Specializing in voice and movement education in the performing arts, Song's unique teaching cultivates presence, spontaneity and embodied creative process. She is currently offering public and private Embodied Voice sessions in Santa Cruz.

Jill Duran, CFT 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.