

FELDENKRAIS® SYNERGY

Inspired by the work of Dr. Feldenkrais, a **Feldenkrais Synergy** session is a combination of *Functional Integration*® (hands-on table work) and *Awareness Through Movement*® (group classes). Given by an experienced instructor to a group of 4 or 5 participants, this session lasts approximately 1 hour and 15 minutes. Comfortably clothed and placed on a specially designed exercise table, the students are guided through touch as well as verbal instructions in order to create new movement skills, recover lost ones, or improve existing ones.

Feldenkrais Synergy is a process that sparks our brain into adopting healthier postural habits and action patterns. This in turn stimulates personal growth, improves our wellbeing, our health, and enhances the overall quality of our lives.

The students experience a new awareness of ease and control in their movements, and learn an ever-growing range of possibilities for action and self-expression.

- **Feldenkrais Synergy** is especially appropriate for people with pain, stress, injuries, or medical conditions that restrict movements and distort posture.
- **Feldenkrais Synergy** restores our potential for action while making us feel at our best.



With an extensive experience in music performance, education, and clinical rehabilitation, **Richard Corbeil** has more than 25 years of experience teaching the *Feldenkrais Method* in various clinics, *Feldenkrais*® professional training programs and private seminars.

In addition to training practitioners of the *Feldenkrais Method*® worldwide, he maintains a private practice in the Greater Seattle area, and is Educational and Administrative Director of the *Seattle Eastside Feldenkrais Teacher Training* programs.

GENERAL INFORMATION
SPACE IS LIMITED, TAKING RESERVATIONS NOW

FOR FELDENKRAIS® SYNERGY, CALL:
425 820-0399 • adiben@aol.com

COST: Individual Sessions: \$40 or 6 sessions paid in advance: \$210 (\$35 each)

WHEN CLASSES START:

Mon afternoons-1:30-2:45- Nov 17, 24, Dec 1, 15, & 22 & 29th *(due to Angel's birthday Dec 8, we'll skip to Dec 29th)*

Mon evenings 7:30-8:45 pm- Nov 17, 24, Dec 1, 15, & 22 & 29th

Wed evenings 7:30-8:45 pm- Nov 19, 26, Dec 3, 10, 17, Jan 7 *(due to holidays, we'll skip to Jan 7th)*

We ask that you arrive 10-15 min earlier to help us start on time.

LOCATION: Feldenkrais® Home Studio - 6421 NE 135 Pl, Kirkland, WA

MAIL FORM TO: Feldenkrais Synergy Classes-6421 NE 135 PL, Kirkland, WA 98034

FAX FORM TO: 425 820-1499

REGISTRATION FORM

Name: _____ Phone: _____ Cell: _____
E-mail: _____ Web address: _____
Address: _____ Apt # _____
City: _____ State: _____ Zip: _____
Occupation: _____

Please check preferences (✓)

Monday afternoons @ 1:30 pm

All dates Nov 17-Dec 29? _____ Individual? What dates? _____

Monday Evening @ 7:30

All dates Nov 17-Dec 29? _____ Individual? What dates? _____

Wednesday evening @ 7:30pm

All dates Nov 19-Jan 7th? _____ Individual? What dates? _____

Individual Combo dates

What dates day? _____ What dates evening? _____

Individual Sessions

\$40 each How many? _____

6 Sessions

\$210. (\$35 ea) _____ *(\$5 per session discount applied)*

BY CHECK- (payable to ExplorACTION) enclosed for: _____

TOTAL: \$ _____

BY CREDIT CARD- (Visa or MasterCard only): Visa _____ (✓) MasterCard _____ (✓)

Name (as it appears on card) _____ CC # _____ exp: __ / __

Billing address (if different from above): _____

*Further information regarding location, directions, things to bring & specifics
will be sent to you upon the receipt of your registration.*

*For more information on the 2009-2012 Seattle Eastside Feldenkrais® Teacher Training III,
which may alternate its segments in Seattle and Kirkland, WA*

**Contact Angel Di Benedetto • Richard Corbeil • 425 820-0399 • exploraction@aol.com
or log onto our website: www.feldenkraisinseattle.com**