

The Dynamic Trio!

Ankles, Knees, and Hips

...and how they work together

A Creative Collaboration:

The Feldenkrais Method®

Marilyn Hardy, GCFP

&

Yamuna Body Rolling®

Jennifer Cooper, CYT



Sunday, November 4th, 12-4pm

We rely on our legs for mobility, support, and a sense of balance in the world. To insure the health and longevity of joints it's important they are used the way nature intended! This workshop will give you a felt sense of the way your hip joints, knees and ankles are designed to work most effectively together in movement.

Perhaps the discomfort or weakness in your knees is related to the way you use your hips—or a result of the immobility of your ankles!

Experience the synergistic effect of Feldenkrais® and Yamuna Body Rolling together!

Yamuna helps define and free the joints by releasing unnecessary muscular tension that restricts or distorts their movement. The joints become more “available” for new, more functional information!

Feldenkrais offers new information, using gentle, novel movement to re-program the brain. Isolated problem areas, the result of unconscious conditioning, can improve with a more integrated and balanced use of the whole body. **Your leg joints work best as a “team”!**

Come join us for this valuable and enjoyable collaboration!

Where: The Yoga Center, 449 Forest Avenue, Portland, ME, 2nd floor

When: Sunday, November 4, 12-4pm

Cost: \$75.00 (\$65.00 early registration by Oct. 27th) *Send checks payable to The Yoga Center, PO Box 1243, Portland, ME 04104*



Marilyn Hardy has been a Guild Certified Feldenkrais® Practitioner since 1983. She has a rich background in various somatic education modalities as well as body-centered psychotherapy. She is particularly interested in ecopsychology—the interface of the embodied self and world.



Jennifer Cooper has been teaching yoga for over 40 years and has been practicing Yamuna Body Rolling® for 10 years. She was certified in YBR in 2015. She has also been a dancer most of her life and loves expanding her kinesthetic knowledge through these different methods.