

# Core Integrity: *A Supple Spine and Potent Pelvis*

Sunday, April 28, 12-4pm

*A Creative Collaboration*

**The Feldenkrais Method®**

*Marilyn Hardy, GCFP*

**Yamuna Body Rolling®**

*Jennifer Cooper, CYT*



## *Bring new movement and vitality to your pelvis and spine*

Core integrity is related to refined sensory-motor communication between the spine and the pelvis. Restrictions in the pelvic-spine relationship may show up in various ways: low back stiffness or pain, mid-back tension or postural strain up through the neck and head. The spine and pelvis are the foundation of our bodies. Come experience more integration and vitality!

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

*Yamuna helps define and release unnecessary muscular tension* that restricts and distorts movement. Your body remembers ease and becomes 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.

**Where:** The Yoga Center, 449 Forest Avenue, Portland, ME, 2<sup>nd</sup> floor

**When:** Sunday, April 28, 12-4pm

**Cost:** \$75.00 Send checks payable to The Yoga Center, PO Box 1243, Portland, ME 04104  
or register on line: [info@maineyoga.com](mailto:info@maineyoga.com) Please register early!



*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. [www.marilynhardy.com](http://www.marilynhardy.com)



*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.