

***Snow Re-schedule Date!**

addressing...

**The Stress Triangle:
Shoulders, Neck, and Head**

A Creative Collaboration

The Feldenkrais Method®

Marilyn Hardy, GCFP

&

Yamuna Body Rolling®

Jennifer Cooper, CYT

~Relax...Re-program...Re-align!~

****Sunday, February 10th , 12-4pm***



The “Shoulder, Neck, Head Triangle” is often first to give us feedback about the level of stress in our life. Habits of hunching or rounding shoulders, shortening or compressing the neck, tension around the jaw and eyes are all common reactions when we are overly taxed or overwhelmed.

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, 2nd floor

When: ****Sunday, February 10th, 12-4pm***

Cost: \$75.00 *Send checks payable to The Yoga Center, PO Box 1243, Portland, ME 04104
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



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.