

# ~Gracing Agefully~

*Re-Imagicalizing\* the Body*

Feldenkrais® this Autumn

*with Marilyn Hardy*

Guild Certified Feldenkrais Practitioner since 1983

~at The Yoga Center~

449 Forest Avenue, 2<sup>nd</sup> floor  
Portland, Maine

1<sup>st</sup> 5-week series September 11-October 9<sup>th</sup>

Tuesday mornings: 10:30-12:00

Cost: \$89.00 \$20 drop-in fee per class



*Gracing Agefully addresses core patterns of movement and thinking that enhance your capacity to improve and refine as you move through the years.*

*\*To Re-Imagicalize the body is to align one's perception with nature's brilliant design...  
... imbued with a touch of magic.*

## Interweaving Themes:

- **Releasing Upward:** *Remember your length! Uncover hidden ways you pull yourself down and in.*
- **Un-Caging the Ribs:** *A surprising and central key to whole-body integrated movement, improved posture, and balance.*
- **Freeing the Wings:** *Restore the sliding movement of the scapulas and enjoy more ease and comfort in your arms and shoulders.*
- **Presence, Power, and Potentiality:** *Revive sensory aliveness in the core movements of your pelvis.*



*Gracing Agefully invites you into a rich world of inner sensation and image. Here Awareness is heightened which frees you from past conditioning. Limitation opens to new possibilities!*

*Come join us!*

*Marilyn*

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

Call the Yoga Center to register: 774-9642

Call or write Marilyn with questions: 449-1081

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