

Feldenkrais® Classes this Spring

with Marilyn Hardy, Guild Certified Feldenkrais® Practitioner since 1983
www.marilynhardy.com

Continuing this theme!

Remembering...

THE
PURE
JOY



~~~~ of Extension ~~~~~

*“You only have to let the soft animal of your body love what it loves” ...Mary Oliver*

**RELEASE into your full length!** It's easy to forget this potential after a long contractive winter, prolonged periods of sitting, or just plain stress and duress.

This Feldenkrais® series will be totally dedicated to the simple joy, luxury, and deliciousness of expansive movement. *You'll increase awareness of the unconscious holding and shortening patterns* that restrict your joints, limit range of movement and cause postural strain and distortion.

Remember the freedom and sensorial pleasure available in everyday movement! What a nice way to open to Spring...*Extend into life!*



Marilyn Hardy

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

**When:** Tuesday mornings 10:30-12  
May 1- May 29, 2018

**Fee:** \$89.00 (\$20 per class drop-in)

**To Register:** call The Yoga Center: 774-9642  
**Questions:** call Marilyn: 449-1081