

*Improve Your Workouts*  
With  
*The Feldenkrais Method®*

**LEARN IN A PRACTICAL &  
STIMULATING WAY TO IMPROVE YOUR  
WORKOUTS & YOUR RELATIONSHIP  
WITH YOUR BODY**

Become more  
effective in your training

Use your body better



Prevent injury

Improve flexibility &  
range of movement

**FELDENKRAIS METHOD® SPRING CLASS SERIES**

**8 AWARENESS THROUGH MOVEMENT® LESSONS**

**With Monica Reyes & Beth Stewart**

**Guild Certified Feldenkrais Practitioners**

**Monday Evenings: April 19 - June 14, 2010 7:30—8:30 PM**

**\$120 eight lessons Drop-Ins \$15**

**SAVE - \$96 if registered by April 15th**

**For questions or to register, call:  
Beth 427-5457 or Monica 294-5252**

---

31 St. John Street  
Goshen, NY 10924  
[www.barefitness.net](http://www.barefitness.net)  
845-294-5004

