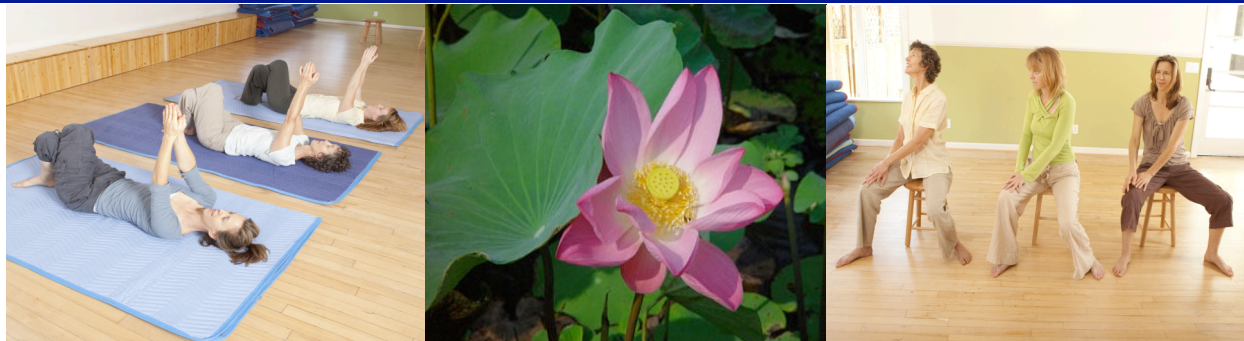


Samve Yoga Centre  
Tuesday class  
9:45 – 11:00 a.m.  
March 9,16, 23



*Awareness through Movement lessons*  
*3 week series \$40 - drop-in \$15*  
Attune to Move using the Feldenkrais® approach to  
Easier Movement, Pleasure and Self- Learning

The March Awareness through Movement series will focus on Flexible Chest Lessons. These valuable lessons enhance mobility of the ribs to relieve neck and shoulder tension and improve awareness, posture, and breath.



Regain youthful movement - Improve your posture, flexibility and coordination  
Minimize work related stress - Increase your ability to think clearly and make decisions  
Eliminate aches, pains & stiffness - Restore comfort after an injury, trauma or illness

**Awareness through Movement** provides an opportunity to re-experience the joy and pleasure of moving to learn while exploring easy light movements from a beginners mind. The Feldenkrais Method is a system that approaches human development and the improvement of functioning through physical movement and guided awareness. The Awareness through Movement lessons can help you shed habits and holding patterns, while discovering choices and newfound freedom. More efficient movement, ease in daily activities and natural reorganization are a few of the benefits this class has to offer. Enjoy an innovative approach that utilizes movement and imagination to form efficient pathways and improve your overall organization. This class is appropriate for anyone and is sure to improve whatever you love to do.

*Samve – deepening awareness through yoga Ayurveda health and the Arts*  
[www.samve.com](http://www.samve.com) #858-495-2448 or contact shivanijane@sbcglobal.net