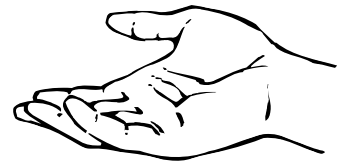




The Feldenkrais® **HAND** *Workshop*

We ALL use them, but how WELL?

Musicians, body workers, computer and blackberry users – anyone working with their hands can suffer from carpal tunnel syndrome, tendonitis and repetitive strain injury, even disability and *all are preventable*. By applying the Feldenkrais® Principles to integrate your hands with your shoulders, torso and pelvis, Donald Himes will demonstrate how you can use your hands in a healthy way free of tension and pain.



DONALD HIMES, GCFP, was pianist/composer for 'Mr. Dressup', a dancer and teacher with Toronto Dance Theatre, choreographer at the Stratford Shakespeare Festival and the Opera School of the University of Toronto, and coordinator of the Dalcroze Teacher-Training program at the Royal Conservatory of Music. He has also taught at the National Ballet School, Queens University, The Institute of Child Study and York University. Don teaches regular classes at the Feldenkrais Centre.

at **The Feldenkrais® Centre**

Saturday November 8, 2008

1 – 6 pm ■ \$100

Early Bird before Oct 29 - \$90

We accept Cheques, VISA or Master Card

390 Dupont Street, St. 201
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