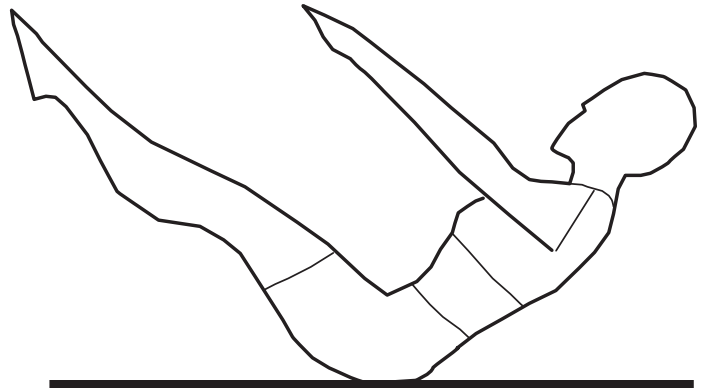


# *Feldenkrais*<sup>®</sup> *for Pilates* *Workshop*

Pilates is known world-wide for its effectiveness in realigning posture. It provides a foundation of support for the whole body by increasing core abdominal and back strength.



When Feldenkrais principles are applied to Pilates, a new kinaesthetic awareness is brought to the subtleties of the work. As you gain efficiency in the exercises and learn to move through them without wasted effort, you will maximize the benefits of Pilates – increasing strength and mobility. The result is a lean, sculpted body that is balanced, supple and integrated.

**SHELLEY HARRIS**, is a Feldenkrais<sup>®</sup> Practitioner and Pilates Instructor with 20 years of experience in the movement field.

*at The Feldenkrais<sup>®</sup> Centre*  
*Sunday November 16, 2008*  
*10 – 4:30 pm ■ \$100*  
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