

# Functional Fitness the *Feldenkrais* Way

Taught by Donna Ray, MFT, Feldenkrais Trainer

Fitness The *Feldenkrais* Way is for anyone who wants to move well and feel fantastic. *Awareness Through Movement* lessons are designed to stimulate brain/mind functioning as well as physical strength and co-ordination. Slow easy movements will lead to complex active movements. You will be surprised at what you are able to do!



- Increase Co-ordination, Flexibility
- Build Endurance and Stamina
- Maximize Brain Power
- Decrease Aches, Pains and Stiffness
- Reduce Stress

## **Upcoming Dates:**

January 07, 2012	San Diego; 10am to 1pm; \$ 30 or \$25 for AVG Members
January 20, 2012	New York, 2pm to 7pm; \$115 or \$95 for FGNA Members
January 28, 2012	Rome, Italy
Feb. 11-13, 2012	Palermo, Italy
June 02, 2012	San Diego

## **To Register:**

San Diego	Donna Ray (760) 436-9087, or email us at: <a href="mailto:Feldmoves@gmail.com">Feldmoves@gmail.com</a>
New York	Anastasi Siotas (917)769-6747, or email: <a href="mailto:Anastasi@Siotas.com">Anastasi@Siotas.com</a>
Rome	Beatrice Porru; email <a href="mailto:info@miastudio.et">info@miastudio.et</a>
Palermo	Caterina Forte; email <a href="mailto:info@fortefeldenkrais.it">info@fortefeldenkrais.it</a>

**Please bring a comfortable mat and wear easy-to-move-in clothing**

DONNA RAY, M.A., M.F.T. is an internationally known Teacher/Trainer of The *Feldenkrais* Method, Psychotherapist and Interpersonal Neurobiology presenter. She imparts knowledge and experience from her 30 years of practice with tremendous vitality and insight. She has worked with creative and talented people at the highest level including; professional athletes, singers, musicians and actors. People of all ages recovering from accidents and illness, anxiety & depression benefit from her unique approach. Donna's background in movement education, psychology, hypnotherapy, dance, and martial & expressive arts enables her to work with individuals, couples, families and groups in a variety of settings. She loves seeing people learn healthy ways of living that can transform their lives.

