



## Self-Service Feldenkrais

### Learn how to get yourself out of pain

Understand how you can use the **FELDENKRAIS Method**® yourself to get yourself out of pain, and learn new skills more easily.

#### RESULTS:

- Know what to do to get out of pain
- Know how to learn new skills more efficiently

When: **6 week series: Call for dates and times**

Where: MindMoves FELDENKRAIS Institute  
1540 140<sup>th</sup> Ave NE, Suite 100  
Bellevue 98005

Cost: \$360  
Call 425-278-2220 ext. 0 or email  
feldenkrais@mindmoves.com to register

For more information contact the teacher:  
Janice Vincent, GCFP  
425-278-2220 ext. 41 [janicev@mindmoves.com](mailto:janicev@mindmoves.com)

Please visit [www.MindMoves.com](http://www.MindMoves.com)

### Why take this workshop?

Learn the tools to feel in control: to be able to determine what you're doing that serves you well, and how to use the sensory-based Feldenkrais Method to discover patterns that are getting in your way.

This workshop is for anyone who wants to use themselves in a fully functional way - a way that actually improves your ability to do what you want, the development of your brain, and your state of mind. You can learn which movements strain your body and which movements make your body feel good.

### Why is the FELDENKRAIS Method effective?

The FELDENKRAIS Method activates your brain's innate potential to grow and improve through sensory-based development and learning. The process involves simple movement sequences done slowly and gently to recognize restrictive patterns and perceive new possibilities. This is how you learned as an infant, and how you can continue learning throughout your life.

### Why take a workshop with Janice Vincent?

Janice knows how to get results. A Guild Certified Feldenkrais Practitioner<sup>cm</sup>, she successfully uses the Feldenkrais Method to improve the quality of her clients' lives. She has taught full time in private sessions, classes, and workshops for over 12 years and founded MindMoves FELDENKRAIS Institute. She helps people of all ages and walks of life discover pain-free, easy, efficient action.

### Who would benefit from taking this workshop?

Anyone who wants to feel what it's like to move easily, less painfully, and in comfort, including those diagnosed with carpal tunnel syndrome, repetitive stress disorder, and arthritis.