



BELLY, BREATH & EYES

- DATE: SUNDAY SEPTEMBER 12TH, 2010
- TIME: 2 PM TO 5 PM
- LOCATION: YOGA ON 7TH: #156 EAST 7TH ST. (NEAR MAIN ST.) VANCOUVER
- COST: TO COVER RENTAL & TRAVEL COST: \$20; THE TEACHINGS ARE BY DONATION
- TO PRE-REGISTER PLEASE CONTACT SASKIA AT SASKIAS@TELUS.NET , 604-926-7398

WITH JAMIE VAN DAM
GUILD CERTIFIED FELDENKRAIS PRACTITIONER
www.jamievandam.com

*Learning how to relax, move and place your eyes, can deeply effect change throughout your whole body. Developing the connections from your breath to your whole being, especially to your eyes, can further deepen **concentration, loving kindness and compassion.***

*In this workshop you will explore **Feldenkrais Awareness through Movement lessons and breath meditation**, developing the connections between your belly, breath and eyes. We will take time throughout the day to integrate these movements and meditation with the four classic meditation postures.*

Private sessions are available, please inquire through Saskia.

PLEASE WEAR LOOSE CLOTHING, PREFERABLY NO BUTTONS OR ZIPPERS - FOR MOVEMENT AND MEDITATION