

# Effortless Walking Primer

## Saturday, Sept 9, 9:30 – 12:30 pm

Even a small foot discomfort will rebalance your movement to avoid more pain or injury.

Patterns like these can accumulate and lead to whole body asymmetry that contributes to future injury and discomfort. It takes practice and focused attention to regain full function and effortless balance.

The Feldenkrais Method® helps you do just that by using gentle, provocative movement lessons to shift habitual patterns at their SOURCE: your brain. Today's lessons aim to improve total body alignment so you can use the natural ground forces that support your every move. You'll begin to understand what you do that creates discomfort and you'll leave with effective, pleasurable tools to continue shaping your body use through your daily actions.

## Feldenkrais Method

Taught by Kalyani Gilliam



**RSVP requested**  
**(831) 521-4458**  
**\$45.**

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## Walking Intensive

Diving deeper!

Co taught by Feldenkrais Practitioners  
Patric Zito and Kalyani Gilliam

**Sat. Oct. 28, 9am -4pm**

**Sun. Oct. 29, 9:30-12:30**

Feldenkrais ATM® Lessons stimulate positive change by pleurably challenging your nervous system to cultivate optimal function. Today's lessons will offer movement options that your innate movement intelligence will eagerly embrace in order to improve your habits. Diving deeper into these various Walking lessons will give you the time needed to connect what you've learned to your daily life.

**Where: Community Church of Monterey**  
**4590 Carmel Valley Rd**

**Fee: \$175 (\$150 early bird due Oct. 20)**

**Mail to: 26350 Carmel Rancho Ln. #200**  
**Carmel CA 93923**

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