

# The Spirit of the Spiral

## Hula-Hooping with Feldenkrais®

with Lucien Demaris and Tisha Marina

Saturday, September 25<sup>th</sup>, 1-4pm | \$45 adv. / \$50 at the door

Steer away from your limiting movement habits while having joy, experiencing sensuality, and exercising your core. Learn to Hula-Hoop with Feldenkrais® to reclaim the power of the spiral in your body while efficiently using ground forces. Find your “inner” rhythm and learn to incorporate spiral moves into your everyday life. All levels welcome. Hula-Hoops will be provided. Come and hoop to liberate your inner spiral!



**Lucien Demaris** is a Guild Certified Feldenkrais® Practitioner and holds a Master's degree in Acupuncture and Traditional Oriental Medicine. He is also a Nationally Certified Bodyworker with a private practice at RAKSA. He has been a life-long student of ancient healing practices of the Americas, and an explorer of human potential through somatic studies and embodiment practices for 20 years.

**Tisha Marina** is a passionate dancer and professional hoop dance performer. She has studied dance movement with people of all backgrounds and ages for over 15 years. Tisha Marina is a featured artist in the upcoming documentary, [www.thehoopinglife.com](http://www.thehoopinglife.com), a film displaying the tremendous positive influences the hoop has had on people's lives.

**Call 310.559.7200 to Reserve your Space!!**

