

Intro to Feldenkrais Movement®

Saturday, September 25th, 2010 at 12:00 – 12:30pm

Free

Get acquainted with the basic principles of this powerful method. Learn to move like a child and break away from physically limiting habits. Learn to steer yourself toward feeling vibrant, energized, young, and full of life. By increasing the quality, comfort, and the ease of your movements, you can make remarkable changes to your fitness, wellness, and vitality. Unlock the power of your brain and body awareness!



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.

Call 310.559.7200 to Reserve your Space!



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