

# Change Your Age™ 2-Workshop-Series

Using your body and brain to feel younger, stronger, and more fit

**CYA I: Saturday, March 19th, 1-4pm**  
**Youthful Neck, Back, Hips and Posture**

**CYA II: Saturday, April 16th, 1-4pm**  
**Regaining Flexibility and Core Strength**

**\$90 for the full 2-part-series and \$50 for one**

The more you move, the better off you are. But there is a dilemma. What if you have been exercising but you are hurting or feel stiff and have to work the kinks everyday? What if the kind of movements you're doing will become more difficult as you age?

Movements habits such as how we hold tension in our necks or lower back, how inefficiently we breathe, how we pick up a grocery bag, or even how we run or do yoga can contribute to the aging process dramatically. In this Feldenkrais® program, you will learn fun movement exercises that will teach you how to improve your body awareness and how to harness that awareness as a tool to transform your functional age by 10 or 15 years! You will feel younger, more graceful, more flexible, more coordinated, and more at ease.



**Lucien Demaris** is a Guild Certified Feldenkrais® Practitioner and holds a Master's degree in Acupuncture and Traditional Oriental Medicine.

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!!**

