

# Turning the Small into the Miracle

Saturday, May 7<sup>th</sup>, 1-4pm | \$50 adv. / \$55 at the door

*“There are only two ways to live your life. One is as though nothing is a miracle, the other is as though everything is a miracle.” –Albert Einstein*



Are you living your life with enthusiasm? The word “enthusiasm” comes from Greek, meaning “inspired by the gods.” When you are enthusiastic about a task or about life in general, you are able to access powers that enhance and bring vitality to your life and to those around you. In this way, you are inspired by the gods and can experience the surge of wonderful vitality that comes with living a joyful daily life. In this Feldenkrais® workshop you will learn animated movements that inspire your inner cheerleading team, rejuvenating your hope and vitality, and allowing you to seize your daily opportunity for miracles.



**Lucien Demaris** is a Guild Certified Feldenkrais® Practitioner as well as a California Licensed Acupuncturist. He is also a Nationally Certified Bodyworker,

a life-long student of ancient healing and shamanic practices of the Americas, as well as an explorer of human potential through somatic studies and embodiment practices for 20 years. He currently serves as Director of Wellness at RakSa.

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

