

# Change Your Age™ 3-Workshop-Series

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

## CYA I: Youthful Neck, Back, Hips

Saturday, August 20th, 1-4pm

## CYA II: Regaining Flexibility and Core Strength

Saturday, September 3rd, 1-4pm

## CYA III: Rejuvenating Posture and Balance

Saturday, October 1st, 1-4pm

**\$105 for the full 3-part-series, \$80 for two, and \$45 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? Movement 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. It is highly recommended that you take all the 3-part series but is not required.



**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 South America, and an explorer of human potential through somatic studies and embodiment practices for 20 years.

**Call 310.559.7200 to Reserve your Space!**

