

# Sound Movement – Andrea Preiss

## From Head to Toes



*Find stability on your feet, flexibility in your spine, freedom of movement in your hips, arms and shoulders and a relaxed alignment of your head and neck.*

**For Whom:** This course is for you if you want to learn techniques and exercises to improve your stability and flexibility and the range of motion in your daily actions, may it be gardening, sitting in front of a computer, hiking, running, doing crafts and sports.

**What to expect:** With elements of the Feldenkrais Method and Eurythmy, we will explore gentle exercises to support the regenerative capacities of your body. You will discover new ways to connect the lower body with the upper body, so your feet and legs support the action of your arms, and you discover how your eyes are connected to your stability on your legs.

**What to bring:** Please, wear comfortable clothing. I'll provide mats. If you prefer, bring your own yoga mat or a blanket.

**Where:** Studio 205 B at the Airport Center, 1286 Mt. Baker Rd., 98245 Eastsound.  
(Upstairs on the left if you stand in front of the back building)

**When:** Ongoing Feldenkrais classes on Monday evenings at 6:45 to 8pm and Thursday mornings at 10am – 11:15. **Cost:** \$150 for 6 sessions or \$28 drop in.

**Space is limited, please register early.**

You will find more information about the methods at <https://sound-movement.org>

For registration, please call/email [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org) - phone 206-383-7705