

## Sound Movement – Andrea Preiss

### Hip – Hip - Hooray

**7 x Thursday Mornings 9am - 10:15**



*Have you been sitting more than ever during these last two years? Perhaps, you developed lower back pain and / or pain in your hips? Perhaps you feel heavy and uncomfortable in your body?*

**For Whom:** This course is for you if you are looking for ways to counteract the above-mentioned symptoms and want to learn techniques and exercises to improve your posture and enhance your well-being.

**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 free your hip joints, and you will gain more flexibility and ease in your lower body while sitting, standing, bending over, walking, walking upstairs and more.  
Walk away with a hip - hip - hooray for your gait.

**What to bring:** Please, wear comfortable clothing and bring a yoga mat or a blanket and a towel to use as a support for your head.

**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:** 7x Thursday Mornings (June 9<sup>th</sup> - 21<sup>st</sup>) If you can't commit to 7 sessions, please call about availability for drop in.

**Cost:** \$175 for 7 sessions or \$28 drop in.

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

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

For registration, please call or email Andrea.

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