

Sound Movement – Andrea Preiss

Feldenkrais and Eurythmy for your Eyes, Neck & Shoulders

7 x Monday Evenings 6:45pm - 8pm



During these last two years, you might have spent more hours in front of the computer than ever before. Perhaps you developed uncomfortable symptoms like tired, burning eyes, blurry vision, headaches, neck and shoulder pain, lower back pain, and difficulties with sleep.

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 the eyes, relax neck and shoulders and learn about their connections to the whole body.

You will walk away relaxed, refreshed and with improved peripheral vision. You will have tools to maintain your well-being despite your work on the computer.

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 Monday evenings (June 6th- July 18th) 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 info about the methods at <http://www.sound-movement.org>

For registration, please call or email Andrea.

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