

January 25th, 2018

Royal Oaks Country Club

- ❖ 9:30 AM to 11 AM ~ Doors Open for Games
- ❖ 11 AM to 11:45 AM ~ Social
- ❖ 11:45 AM to 2 PM ~ Luncheon and Program

Are you ready for a non-medical, learning-based approach to resolving life's aches, pains, and difficulties? MaryBeth D. Smith will introduce you to the Feldenkrais Method during this month's program. Do you wish that you could once again move with freedom, ease, and joy, as you did when you were a child? We "unlearn" those movement patterns through the course of a lifetime, as we experience various types of training, injuries, and emotions. Happily, you can re-learn, or learn anew, no matter what your age! MaryBeth will explain how gentle movements, non-invasive touch, and YOUR directed attention can help you to improve your coordination, posture, balance, breathing, sleep, stress, and pain. Many also experience an improved outlook and mood, increased creativity, and clearer thinking.

Join us for this very informative program if you are curious about what you can learn to do to recover, re-group, or re-invent yourself to live your best life. For more information, visit <https://houstonfeldenkrais.com>.