



FREE LECTURE



“Feeling better through the Feldenkrais Method”

What is the difference between the hip joint and the intravertebral joints? This is an important question because greater understanding can lead to untangling the knots of pain in the back and elsewhere. The two sets of joints are designed to do different things, and yet their functioning is often confused.

Join us for an enlivening hour that combines anatomy study and gentle, attentive movements following the teaching of the Feldenkrais Method. You are likely afterwards to feel more comfortable, more sensitive to yourself and either more grounded or lighter, or, possibly, both.

Location: Caring Acupuncture, 2111 Eisenhower Avenue, Suite 402, Alexandria, VA 22314

NOVEMBER 1
(THU)

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6:30 -7:30 PM



Maureen
McHugh

Feldenkrais Practitioner

Wellness in Motion

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Seats are limited!

Please RSVP to

info@caringacupuncture.com