

The *Feldenkrais Method*[®] of Somatic Education

Helping you embody ease as you move
through your work, rest and play!

Register for workshops with LeeAnn Starovasnik, GCFP
at 206-372-8822, LeeAnn@NextStepConsultinginc.com



Join us If you are curious, concerned or just want to feel good

- Feeling ungrounded, not at ease in your skin?
- Want bone strength, better posture or alignment?
- Seeking balance in walking, hiking or sports?
- Longing for restorative rest & relief from stress?

Saturdays, 2 - 5pm
Soma Yoga, Ballard
1423 NW 70th St

Join us for a Saturday workshop!

June 22, Everyday Ease in Sleeping, – Come learn tools you can use to improve your restorative rests. Stress-reducing and nervous-system calming day-tamers, guided natural breathing and sleep-inducing lessons. Fall asleep, stay asleep, return to sleep easier and more consistently.

July 20, Balance in Action for Walking – Newly created workshop combines key lessons to create and walk with more balance. Lessons build on the use of the tripod of the foot as a foundation and help you organize for sustainable uprightness. Walk out with more balance, grace and ease.

Aug 17, Rock, Roll & Relax - Do you want easy ways to relax from head to toe in a short amount of time? Come learn fun and intelligent movement sequences. Pool noodles included.

Save \$30 when you register for all 3 by 6/22

No experience necessary. Bring your curiosity and your questions, and let's discover how to make you feel more at home in your skin whether at work, rest or play!



Next Step
Consulting[™]

*Feel good and age well with the
Feldenkrais Method[®]*

Ongoing class schedule and workshop details on the back



Now is the time to invest in moving better 2019 *Feldenkrais*® Classes and Workshop Schedule

Call LeeAnn to register for workshops
or schedule private sessions or go to
NextStepConsultinginc.com

LeeAnn 206-372-8822
Chris 206-781-7881

Weekly Classes – Drop in this week!

(find one that works for you – 5 options)

Monday, 10:30 - 11:30am (Chris)

Soma Yoga, 1423 NW 70th St (Ballard)

Tuesdays, 11 – 12 (LeeAnn) * NEW *****

June 4 – Sept 17

Suenos De Salsa, 12524 Lake City Way NE

Wed, 10 - 11am (LeeAnn)

Suenos De Salsa, 12524 Lake City Way NE

Saturday, 9:15 - 10:15 (Chris)

Soma Yoga, 1423 NW 70th St (Ballard)

Saturdays (By Apt. Only – access code needed)

9:30 (LeeAnn)

Lake City Prof Ctr, 2611 NE 125th St, #123

Call 206-372-8822 to register or go to:

NextStepConsultinginc.com/schedule

**“Movement is life. Life is a process. Improve the quality of the process, and
you improve the quality of life itself.”**

– Dr. Moshe Feldenkrais

Workshops at Soma Yoga

1423 NW 70th St (Ballard), 2-5pm

- **June 22, Everyday Ease in Sleeping** – Do you want to sleep as soundly as your pets? Come learn tools you can use to improve your restorative rests and calm your nervous system.
- **July 20, Balance in Action for Walking** – **Newly created workshop combines key lessons to create and walk with more balance.** Lessons build on the use of the tripod of the foot as a foundation and help you organize for sustainable uprightiness. Walk out with more balance, grace and ease.
- **Aug 17, Rock, Roll & Relax** - Do you want easy ways to relax from head to toe in a short amount of time? Come learn how with simple pool noodles and intelligent movement sequences.

Early bird – \$50 (10 days in advance)

Single Workshop – \$75 (within 10 days)

Prepay for all 3 - \$120 until 6/22 (if space available)

Join a Class from home – ZOOM in!

If you prefer, learn from the comfort of your internet accessible device, you can register at NextStepConsultinginc.com