

***Make the impossible, possible, the possible  
easy, and the easy elegant.***

- Moshe Feldenkrais

Revitalize Yourself, Suite 305  
Phoenix Bldg, Bay City

**The Anat Baniel Method is based on the work of Dr. Moshe Feldenkrais.** Revitalize Yourself ... with awareness through movement classes. Gentle movement with attention will teach you efficient, pain free ways to move. Access your brain to limit the effects of aging, improve your mobility and increase your vitality!



**Fall/Winter Schedule 2011/2012**

**Monday - 5:15 p.m. Evening**

**Monday - 6:30 p.m. Evening**

**Wednesday - 10:30 a.m. Morning**

**Thursday - 3:00 p.m. Afternoon**

**Learn to move with  
Freedom and Spontaneity!**

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Call (989) 295-4599 Taught by:  
Suellen Bartel, GCFP, ABMP