



## Overcome Pain, Increase Flexibility to Move with Ease

Through a series of Movement Classes  
At Revitalize Yourself located in the Phoenix Bldg.  
721 Washington Ave, Third Floor Suite 305

**The ANAT BANIEL METHOD based on the work of Dr. Moshe Feldenkrais**, is based on the scientific theory of physics and how the brain is designed to learn. Gentle movement, concentrated with attention will teach you to establish new, more efficient, healthy ways to move. Experience the freedom this can bring to your life, Revitalize Yourself!

**Summer Drop in Classes will begin Monday, June 29th, 2009 and run through Monday July 20<sup>th</sup>, 2009. The class will meet on Monday evenings, at 6:00 p.m. Please let me know if you plan to attend via email or by phone at (989) 316-1321 as floor space is limited. Bring a mat or blanket and a small pillow and wear comfortable clothing. Take the time for yourself and make room in your busy summer schedule to move well and feel great for the summer! Classes are \$10.00 per class. This is a savings of \$5.00 per class from the regular drop in rate.**

**Are** you or someone you know been having difficulty with back, neck, or joint pain,? Why not come to learn an unconventional approach to helping yourself out of pain. Transformational Movement Lessons are based on scientific principles and an understanding of how your brain learns. Using innovative, gentle, safe, and easy movement sequences you will gain an understanding of how to free yourself from stress, back, neck, arm, or leg pain and other movement difficulties. These movement patterns can also help improve your athletic, thinking and creative abilities!

What the Anat Baniel Method, Feldenkrais Method can do for you:

- Reduce tension and stress in everyday life
- Improve posture, coordination and self-awareness
- Help to relieve chronic pain
- Improve endurance and skill for athletes
- Enhance performance skills (dancing, singing, acting, playing a musical instrument)
- Teach you to let go of patterns that cause you limitation.
- Enhance your body's natural ability to improve

**Contact Revitalize Yourself** Suellen Bartel, Anat Baniel Method Practitioner<sup>sm</sup> Feldenkrais<sup>R</sup> with questions or to register at (989) 295-4599 or (989) 316 - 1321