



Overcome pain & increase flexibility to move with ease  
Through a series of movement classes

**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, efficient, healthy ways to move, feel, think and be! Awareness through movement classes can also help to improve your athletic and creative abilities!

Bring a mat or blanket and wear comfortable clothes. Classes are \$10.00 per class or \$60.00 for the 6-week session. This is a savings of \$5.00 per class as the drop-in rate is \$15.00.

**Spring class schedule:**

- **Tuesdays at 6:30 p.m.** (June 8-July 13)
- **Wednesdays at 10:30 a. m.** (June 2- July 7)
- **Thursdays at 3:00 p.m.** (July 1-August 4)

**Location:**

Phoenix Bldg.  
721 Washington Ave, Third Floor Suite 305

*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**

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