

## THE FOLLOWING FELDENKRAIS® PRACTITIONERS ARE CERTIFIED BY THE FELDENKRAIS GUILD®:

### **Karen Bowes-Sewell, (2004)**

teaches dance at York University. The Feldenkrais Method helped her recover from major hip surgery and rediscover her natural ability to move and create. Her practice focuses on comfortable movement function for individuals of all ages and abilities. Pivot Sports Medicine & Orthopaedics in the Bloor West Village, Toronto.  
416-651-7217 • kbsewell@yorku.ca

### **Susan Free, M.F.A., (2004)**

is a former dancer and a Certified Laban Movement Analyst. Susan has taught movement to actors, athletes, dancers and “ordinary people” since 1990. She loves the intelligence and sensitivity of the Feldenkrais Method, and has often experienced its transformative potency. Susan teaches at the Feldenkrais Centre, at the U of T, and has a private practice.  
416-654-0248 • susan\_free@hotmail.com

### **Anne Higginbotham, B.A., B.Ed., (2004)**

comes from a background of professional dance and Arts education. Her interest in safe, efficient, and pain free movement led her to study with neuromuscular expert Irene Dowd and to train in the Feldenkrais Method. She works with children and adults at Therapy Solutions. Classes and Private Sessions. Yonge/Summerhill.  
416-654-4843

### **Donald Himes, (1983)**

has had parallel careers in music and dance. He was performer/ choreographer with the Toronto Dance Theatre, pianist/ composer for “Mr. Dressup”. Currently, he teaches piano privately, and Dalcroze Eurhythmics at the Royal Conservatory of Music. Applying Feldenkrais, he has assisted many injured musicians to attain healthier playing practices. 416-979-2392

### **Kari Keren Isaacson, B.A.Hons., (2005)**

has studied various dance & movement forms. She first encountered Feldenkrais while completing a B.A. in Philosophy, and further while perusing a B.F.A. in Modern Dance. Kari teaches to the general public, seniors, adults and children with disabilities in North York and Thornhill.  
647-223-6627 • ki\_feld@yahoo.ca.

### **Peter Jenkins, B.A., (1987)**

teaches individual Feldenkrais sessions to performing artists often with the focus to support ease and presence in performance. Peter teaches Feldenkrais to students with learning disabilities; lessons created to improve their confidence in learning and to develop an ever-increasing level of focus and attention.  
416-539-0105 • pjtv@sympatico.ca

### **Judy Katz, (2005)**

teaches Awareness Through Movement classes and private lessons in Queen West and the Annex. The Feldenkrais Method integrates her teaching and performance background in dance and her training in Tai Chi Chuan and Aikido, with her passion and commitment to holistic health and personal growth.  
416-703-6947 • somatikatz@gmail.com

### **Anne Keith, B.Sc.N., R.N., (2004)**

became interested in the Feldenkrais Method through her quest for improved posture and headache relief. A nurse, she was drawn by the transformation available through the Method's gentle, subtle approach. She loves working with people of all ages in classes and private sessions in **Newmarket**.  
905-898-2415 • anne.keith@sympatico.ca

### **Araceli Landaburu, B.Sc., P.T., (2004)**

has been studying movement re-education for 16 years. A registered Physiotherapist affiliated with the University of Toronto, Araceli has extensive experience in neuro-rehabilitation and has been using the Feldenkrais Method to help people with neurological conditions, as well as musculoskeletal and dizziness disorders.  
416-696-0434 • araceli-anne@rogers.com

### **Graeme Lynn, (1999)**

is uniquely trained and certified in the Feldenkrais Method, Alexander Technique, Hanna Somatics, and Hellerwork (myofascial release work derived from Roling). Graeme also has an extensive background and personal practice in yoga. Graeme's special focus is the amelioration of musculoskeletal pain and the improvement of posture and flexibility.  
416-964-7026 • www.intelligence-in-action.ca.

### **Agata Opala, R.M.T., (2004)**

has been a Registered Massage Therapist since 1996. Feldenkrais helped her overcome repetitive strain injury and she is now able to work in comfort and share this knowledge with others in her **Mississauga** clinic. She also teaches group classes. 905-272-8934

### **Gita Schwartz, (2004)**

Medicine in Motion offers classes, workshops and individual sessions in movement awareness. Workshops in “Recovering From Injury”, “Inhabiting the Heart of Healing” and “Digestion Revitalized” incorporate homeopathic medicine with movement awareness. Gita Schwartz is a Feldenkrais and Homeopathic Practitioner with 30 years experience in health care, community service and advocacy.  
416-462-1932 • medicineinmotion@sympatico.ca

### **Karen Toth, (in training)**

has been involved in the movement field for 14 years. She became a certified Pilates instructor in 2000, with her own studio in **Kitchener**. She is currently studying the Anat Baniel Method of Feldenkrais to graduate February 2007. She has been attending Feldenkrais workshops and classes for 6 years.  
519-741-1449 • stretchyourlife1@yahoo.ca

### **Frauke Voss, (1996)**

was introduced to Feldenkrais ATM lessons through radio broadcasts in Switzerland. Years of work as a fibre sculptor led to repetitive strain injuries, physiotherapy and a Feldenkrais training. She maintains a practice in Toronto and Bermuda, and teaches ATM classes at the Randolph Academy for the Performing Arts (Toronto).  
416-929-0394 • frauke.voss@sympatico.ca

### **Leah Young, B.A., (1988)**

became a practitioner in her native Israel after experiencing the benefits of Feldenkrais for herself and with her own child, who had slow motor learning. She now derives great pleasure in sharing these benefits in her private practice in **Thornhill** and in group classes at Antibes Community Centre in North York.  
905-881-1445

For practitioners worldwide and more information on The Feldenkrais Method visit The Feldenkrais Guild® at [www.feldenkrais.com](http://www.feldenkrais.com)

Feldenkrais, Feldenkrais Method, Functional Integration and Awareness Through Movement are registered trademarks of the Feldenkrais Guild®

## ABOUT THE ORGANIZERS

### Marion Harris, 1983

was privileged to train directly with Dr. Feldenkrais. Marion is pleased to introduce two new programs based on Feldenkrais Principles, The Sounder Sleep™ and Bones For Life®. Founder and Director of the Feldenkrais Centre (1991), Marion is passionate about her work. "The more I practise Feldenkrais, the more I appreciate its genius." Toll-free 888-253-8652 • 416-928-3505 • marion@feldenkraiscentre.com

### Judith Dack, 1991

has a life-long passion for movement. She began to study therapies after a knee injury ended her dance career. That search for knowledge accelerated when her infant daughter contracted severe juvenile arthritis. A Pilates instructor since 1995, Judith operates Uptown Studio on Mount Pleasant Rd. and teaches at U of T, Bloorview MacMillan Children's Centre and Sunnybrook Hospital. 416-481-2381 • judithdack@uptownstudio.ca

## ABOUT THE FELDENKRAIS METHOD®

The human body is designed to move efficiently, with minimum effort and maximum ease. Yet few of us move in this way. In fact, most of us have acquired a lifetime of limiting habits. The Feldenkrais Method uses a unique combination of gentle exercises and body awareness training to actually improve communication between the brain and the body to restore efficiency and pleasure in movement. Feldenkrais principles are simple, and the results are extraordinary.

### The Feldenkrais Method is taught in two formats:

#### • **Awareness Through Movement® (ATM)**

Feldenkrais classes are unlike any exercise program you have ever experienced. In classes, the instructor guides you through a selection of precise, natural movement sequences. These sequences are scientifically designed to help you experience and refine all core movement patterns. There is no "right" or "wrong"; you perform the movements as your own body was meant to, without comparison or competition. The classes are at once relaxing and stimulating, captivating both mind and body.

#### • **Functional Integration® (FI)**

Feldenkrais touch is unique. Feldenkrais Practitioners have developed, through extensive training, the sensitivity to communicate with your whole body: muscles, skeleton, and nervous system. This sensitivity promotes a somatic dialogue in which unwanted habits are recognized and changed into healthy, dynamic movement patterns. These sessions are private, hands-on, and conducted while you are fully clothed.

### Benefits

With the Feldenkrais Method you can:

- Improve posture, balance and coordination
- Gain strength and flexibility
- Enhance performance for athletes, musicians and dancers

- Help to avoid and overcome injury
- Gain vitality and self-awareness
- Improve movement skills of people with special needs
- Learn the secrets of aging gracefully
- Feel younger, more energized and truly relaxed

## ABOUT THE FOUNDER

Moshe Feldenkrais, D.Sc., (1904-1984), physicist, engineer and judo master, pioneered an investigation into how the brain organizes movement and action in the body. His work transformed our understanding of the body/brain relationship. After a crippling knee injury, Feldenkrais taught himself to walk again. From this experience, he developed a method of simple, gentle exercises that awaken the body's innate intelligence, restoring pleasure and renewing vigor in everything it undertakes. The approach he pioneered, and documented in his books, has helped thousands of individuals, including elite athletes, world-class performing artists, and people with chronic conditions and pain. Today, it is known as *The Feldenkrais Method*.



# Feldenkrais Method®



Booth 231

## Directory of Practitioners in GTA and surrounding areas

Come and join us  
for a FREE class  
at the Fitness Stage!

Saturday 3:30pm & 7pm  
Sunday 3:30pm

**Marion Harris and Judith Dack,**  
organizers and developers of the Feldenkrais  
Presentation for the Whole Life Expo, extend their  
warmest thanks to the Feldenkrais practitioners who  
supported their efforts by participating in this very  
worthwhile project and look forward to working  
with them in the future.

**Marion Harris**  
**The Feldenkrais® Centre**  
390 Dupont St., Suite 201, Toronto  
416-928-3505 www.feldenkraiscentre.com

**Judith Dack**  
**Uptown Studio Pilates and Feldenkrais**  
527A Mt. Pleasant Rd., Toronto  
416-481-2381 www.uptownstudio.ca