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

416-651-7217 • kbsewell@yorku.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 Daniel Method of Feldenkrais to graduate February 2007. She has been attending Feldenkrais workshops and classes for 6 years.
519-741-1449 • stretchyourlife1@yahoo.ca

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 pursing 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.

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

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

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

Graeme Lynn, (1999) is uniquely trained and certified in the Feldenkrais Method, Alexander Technique, Hanna Somatics, and Hellerwork (myofascial release work derived from Rolfing). 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.

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

416-654-4843

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

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

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 New York.
905-898-2415 • anne.keith@sympatico.ca

Frauke Voss is registered with 30 years experience in health care, community service and advocacy.

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

For practitioners worldwide and more information on The Feldenkrais Method visit The Feldenkrais Guild® at www.feldenkrais.com

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905-881-1445
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.

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

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