

The FELDENKRAIS METHOD and
CHI KUNG I

A combination of simple, gentle movements
of Feldenkrais & Classical Chi Kung.

This workshop will demystify Chi, & make it more accessible.

Workshop: Sunday, June 9th • 1:00pm – 4:30pm

Location: 79 Montgomery Ave., Scarsdale, NY • **Cost:** \$95

Learn: EMBRYONIC BREATHING, and how to create
Chi flow and storage. CHI ORGANIZATION to better
utilize your Chi & and create Chi strength.

Walk away with: the ability to create deep relaxation, internal
harmony and create a stronger immune system. Learn how to use
your Chi to create strength. Quiet the nervous system and create
positive energy. Exercises to do at home.

Call 914-588-0763 to reserve your space!

Instructor: Larry Attile, GCFP,
(Guild Certified Feldenkrais Practitioner)

*"Larry has a unique understanding of the human body and how to
channel your energy to a more healthy state." – Enid L., M.D. NY*

www.westchesterchikung.com