



FlexAware® Education – Winter 2016

For people of all ages and all health conditions. FlexAware is a new fitness/healing/exercise practice based on the way young children naturally move and learn.

- Improve breathing, balance, posture, and walking.
- Increase strength, flexibility, and stamina at the same time.
- Relieve or eliminate stress, back pain, asthma, arthritis, etc., by moving comfortably and efficiently in everyday activities.

Steven Shafarman, the creator of FlexAware, studied with Moshe Feldenkrais and is the author of *Awareness Heals: the Feldenkrais Method for Dynamic Health*. FlexAware extends and enhances the benefits of Feldenkrais lessons.

Individual sessions: phone or email Steven.

Classes and workshops: visit www.FlexAware.com

Complete program: A 100-hour course (60 hours in class) for personal growth or to become a teacher. Students get a detailed teacher's manual that describes the movements, the science, and the thinking that makes FlexAware unique. Graduates will have opportunities to work with Steven on videos, research, and future teacher education programs .

Location: Washington DC, Chevy Chase neighborhood.

Four weekends: March 5-6 and 19-20, Apr. 2-3 and 16-17.
9:30 to 5:30 each day. Make-up options for missed classes.

Tuition: \$1795. (\$1595 if paid in full by Feb. 12)
Deferred payment and work-study possibilities.

Steven Shafarman, 202-557-8384, steve@FlexAware.com

www.FlexAware.com

FlexAware® is a registered trademark of FlexAware Learning LLC.



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From participants in prior programs:

I teach Pilates, and I learned more in this course than I had in the past ten years of other trainings and continuing education.

Inspiring! Thrilling! Every fitness instructor ought to become a FlexAware teacher. *Miranda de Vries*

Steven is an excellent teacher, patient and thoughtful, respectful and caring, and extremely knowledgeable. *L. Libah Cobb*

This program did so much for me personally – physically, emotionally, and intellectually – that I recommend it to everyone for self-care and personal growth, even if they have no intention of becoming a FlexAware teacher. *Susan Lowell*

As a doctor, I find the neuroscience and biotensegrity aspects very satisfying; it's a solidly grounded approach to self-healing. I consider FlexAware to be my most effective way of sparking interest in self-directed care. *Ralph Wilson, N.D.*

I'm a yoga teacher, and now I include some FlexAware in all my classes. My students love it, and it really enhances their yoga. *Suzanne Ausnit*

Before the program, FlexAware was uniquely helpful in my recovery from an auto accident and many surgeries. During it, I became stronger and much more flexible. I'm also a Feldenkrais practitioner, and FlexAware is great for enhancing the efficacy of Feldenkrais lessons. *Martha Holschen*

A great experience! I'm now helping other seniors relieve back pain and improve their breathing, fitness, and walking. I love it! *Bettina Del Sesto*

I am continually impressed by the insights it inspires in the people I teach. The changes in movement patterns and thinking that the exercises set in motion can be life-changing. *Kellyn Betts*



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