

Feldenkrais®

Awareness Through Movement®

Underground

Fall 2025 ATM Classes

with Diane Lade

In-Person Class

Mondays 11 - 12am, Oct 13 - Dec 15

10 classes, sliding scale \$70 - \$200



Zoom Class

Mondays 4:30-5:30pm, Oct 13 - Dec 15

10 classes, sliding scale \$70 - \$200

Please register by email to adlade@shaw.ca and send etransfer to same.

“Through awareness we can learn to move with astonishing lightness and freedom at almost any age and thereby improve our living circumstances, not only physically ... but emotionally and spiritually.” Dr. Moshe Feldenkrais

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