

Feldenkrais®

*Awareness Through Movement®*

Underground

## Winter 2026 ATM Classes

with Diane Lade

### In-Person Class

Mondays 11 - 12am, Jan 12 - Feb 23

7 classes, sliding scale \$50 - \$140



### Zoom Class

Mondays 4:30-5:30pm, Jan 12 - Feb 23

7 classes, sliding scale \$50 - \$140

Please register by email to [adlade@shaw.ca](mailto: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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