

Feldenkrais®

Awareness Through Movement®

Underground

Fall 2026 ATM Classes

with Diane and Arnie Lade

A delightful variety of functional movement explorations
to awaken and enliven your brain, your body and your life!

IN-PERSON CLASS

Mondays 11 - 12am, Sept 14 - Nov 23

10 classes, sliding scale \$85 - \$200

(No class Oct 12)



ZOOM CLASS

Mondays 4:30-5:30pm, Sept 14 - Nov 23

10 classes, sliding scale \$85 - \$200

(No class Oct 12)

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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