

# WHAT DOES HOW WE MOVE HAVE TO DO WITH HOW WE LIVE?

PLAY. EXPLORE. TRY SOMETHING DIFFERENT.

Awareness Through Movement® lessons will challenge you to slow down and let go of limiting beliefs and habitual ways of being. Learn to trust your potential to discover who you can be. When you find a way to move more freely and easily, the world opens anew. Wear comfy clothes and bring an open mind. Mats provided.

Thursdays 5:30-6:45pm  
Starting April 28, 2016

207-664-8595

YOUR FIRST CLASS IS FREE  
\$15/CLASS \$120/10 CLASSES  
DROP-INS WELCOME!  
36 Mt. Desert Street, Bar Harbor YWCA



THERE IS A NATURAL  
ORDER AND HARMONY  
TO THIS WORLD,  
WHICH WE CAN  
DISCOVER. BUT  
WE HAVE TO FEEL IT—  
IN OUR BONES,  
IN OUR HEARTS,  
IN OUR MINDS.

Chogyam Trungpa,  
Rinopche

## AWARENESS THROUGH MOVEMENT®

WEEKLY CLASSES IN THE PRACTICE OF EMBODIMENT  
Facilitated by Deborah Page, Feldenkrais® Practitioner  
and Awareness Through Movement® Teacher

