

MAY EVENTS @

Easy Does It

A Movement And Learning Collaborative

19 Mystic Street, Arlington, MA

For the most up to date information, visit us @ www.EasyDoesItMovements.com

WEEKLY CLASSES

To sign up for weekly classes, email manager@easydoesitmovements.com

Feldenkrais® Week Special: May 1 - May 9. All classes are FREE* (for new students)

Sunday	4:00 - 5:30 pm	Advanced Feldenkrais Awareness Through Movement® <i>various teachers</i>
Monday	12:00 - 12:30 pm	Lunchtime Awareness Break <i>Josh</i>
	7:30 - 9:00 pm	Sounder Sleep <i>Josh</i>
Tuesday	12:00 - 1:00 pm	Awareness Through Movement® <i>with Josh at The Arlington Center</i>
Wednesday	1:00 - 2:00 pm	Bones for Life Mid-Day Tune Up <i>June</i>
	7:30 - 9:00 pm	Bones for Life & Awareness Through Movement <i>June</i>
Thursday	9:00 - 10:00 am	Restorative Awareness Through Movement Lessons <i>Lauri</i>
	7:30 - 9:00 pm	Goodbye Back Pain ~ Awareness Through Movement <i>Josh</i>
Friday	12:00 - 12:30 pm	Day Tamers from the Sounder Sleep System <i>Josh</i>
Saturday	10:00 - 11:00 am	Easy Gardening with Awareness Through Movement <i>Lauri</i>

The Very Special Month of May Includes Feldenkrais Week (May 1-9) & Osteoporosis Awareness Month

EXPRESS YOURSELF!

Workshops for performers • To register, email manager@easydoesitmovements.com

Saturday, May 1 1:00 - 3:30 pm \$25 / \$10 with student ID	Stand Up & Sing! Learn to stand in easy uprightness, breathe with ease to support your authentic sound, release strain to prevent injury, and present yourself with power and dignity.	June LaPointe, Guild-Certified Feldenkrais Practitioner
Tuesday, May 4 7:00 - 9:00 pm \$20 / \$10 with student ID	Nimble Hands for Musicians Tap into a freedom of breath and movement that will improve music making for you and your audience.	Josh Schreiber Shalem, Guild-Certified Feldenkrais® Practitioner
Saturday, May 8 3:00 - 6:00 pm \$10 to audit or perform	Master Class for Performing Artists Participate in or witness how small, but powerful changes improve playing, singing and expression. Connect with self & audience, remove interference, perform with ease.	June LaPointe & Josh Schreiber Shalem

REFRESH YOURSELF!

Workshops for everyone • To register, email manager@easydoesitmovements.com

Monday, April 26 7:00 - 8:30 pm \$15 pre-reg, \$20 at door	Nutrition of Sleep with an Introduction to the Sounder Sleep System® Learn how nutrition and simple movements can help you reduce stress, calm your mind, and restore your sleep.	Josh Schreiber Shalem, Guild-Certified Feldenkrais® Practitioner & Eric Reardon, CNC
Sunday, May 16 1:00 - 3:00 pm \$15 for two people, \$10 for one	Bring a Mom to Bones for Life® Tea Party Treat yourself and someone you love to delicious bone-nourishing tea and snacks. Learn gentle movements to align your spine, reduce pain and strengthen your bones.	June LaPointe, Bones for Life Trainer
Tuesday, May 25 7:30 - 9:00 pm \$15 pre-reg, \$20 at door	Nutrition for Healthy Bones with Bones for Life Class Learn how good nutrition and safe, gentle movements provide support for strong healthy bones.	June LaPointe, Bones for Life Trainer & Eric Reardon, CNC

GRAND OPENING

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OPEN HOUSE! • SUNDAY, MAY 2, 2010 • 11:30am - 6:30pm

- 11:30 am **Meet and greet with our practitioners Lauri, June & Josh**
- 12:00 pm **Occupational Therapy: Living Life to its Fullest™ Lauri**
Learn how OT works for children and adults to improve independence and function in daily living skills.
- 12:30 pm **Feldenkrais® Functional Integration® Josh**
See how these hands-on lessons can help you discover options for ease and comfort you didn't know you had.
- 1:00 pm **LiFT® Listening Fitness Training Lauri**
Learn how voice and music rich in high frequencies can improve listening skills to facilitate learning for those with dyslexia and ADHD. Also improves public speaking and second language skill acquisition.
- 1:30 pm **Souder Sleep® Mini-Moves™ Josh**
Use synchronized movements and breathing techniques to relax your body, calm your mind, and lull you into blissful, restorative slumber.
- 2:30 pm **Bones for Life® Introductory Class June**
Gentle, safe movements provide a short-cut to an easy upright posture, reduce pain, improve balance and support strong healthy bones.
- 3:30 pm **Bones for Life® Individual Session Demonstration June**
Witness how hands-on lessons can jumpstart your learning, provide support from injury, and tailor movements for your home practice.
- 4:00 pm **Feldenkrais Awareness Through Movement® Class Josh**
Learn coordination with exquisite care and attention to your comfort and well-being. Improve your movement, improve your life.
- 5:00 pm **Join us as our celebration continues with food, music and lively conversation!**

Visit our website @ www.EasyDoesItMovements.com for further details

PRIVATE SESSIONS

Special for the month of May: **FREE 20 minute evaluation** with *Feldenkrais* or *Bones for Life*, or initial hour-long session for \$50 (\$100 value)
Free consultation for Occupational Therapy, *Listening Fitness®* and *Souder Sleep*

Lauri Weinstein, Josh Schreiber Shalem & June LaPointe are collaborators in teaching movement and learning at Easy Does It. They are all Guild Certified *Feldenkrais* Practitioners and more: Lauri is a Licensed Occupational Therapist and (LiFT) Listening Fitness Trainer. Josh is a *Souder Sleep* Teacher and performing musician. June is a *Bones for Life* Trainer and voice coach.

Contact us to schedule your appointment today!

Lauri@easydoesitmovements.com 617-875-6041 • Josh@easydoesitmovements.com 781-640-8794
June@easydoesitmovements.com 617-335-1317