

# WORKSHOP

## Mindful Movement for Musicians The *Feldenkrais* Method®



© International Feldenkrais® Federation Archive.

**Saturday | February 6<sup>th</sup> 2016 | 12:30pm - 2:30pm**  
**Pieter Studio | 420 West Ave. 33, Unit 10**  
**Los Angeles, CA 90031**  
**\$25 | Registration at 12:15pm**

We will explore unique, gentle movement sequences that will help you to play with more comfort, ease, skill and expressiveness.

All levels of fitness are welcome. Wear comfortable clothes you can move in. Bring your instrument, if possible, or your voice so you can test the benefits in class.

Call or email me if you are coming as space is limited: 213.324.3261  
[irene@moveintojoy.com](mailto:irene@moveintojoy.com)

- Become aware of and release habitual patterns of body tension that interfere with optimal performance.
- Prevent repetitive stress injuries and heal current ones.
- Learn to use your whole body to support the very specific movements needed to play your musical instrument.
- Reduce unnecessary effort and summon just the energy and intensity you want and need in order to play more expressively.

### Irene Bowers

I am a Guild Certified *Feldenkrais* Practitioner<sup>CM</sup> and Somatic Experiencing® Practitioner. With a background in singing, acting, and dance, I understand the unique challenges of performance. I teach classes and workshops and work privately with clients. For more information visit my website: [www.moveintojoy.com](http://www.moveintojoy.com).

[www.moveintojoy.com](http://www.moveintojoy.com)