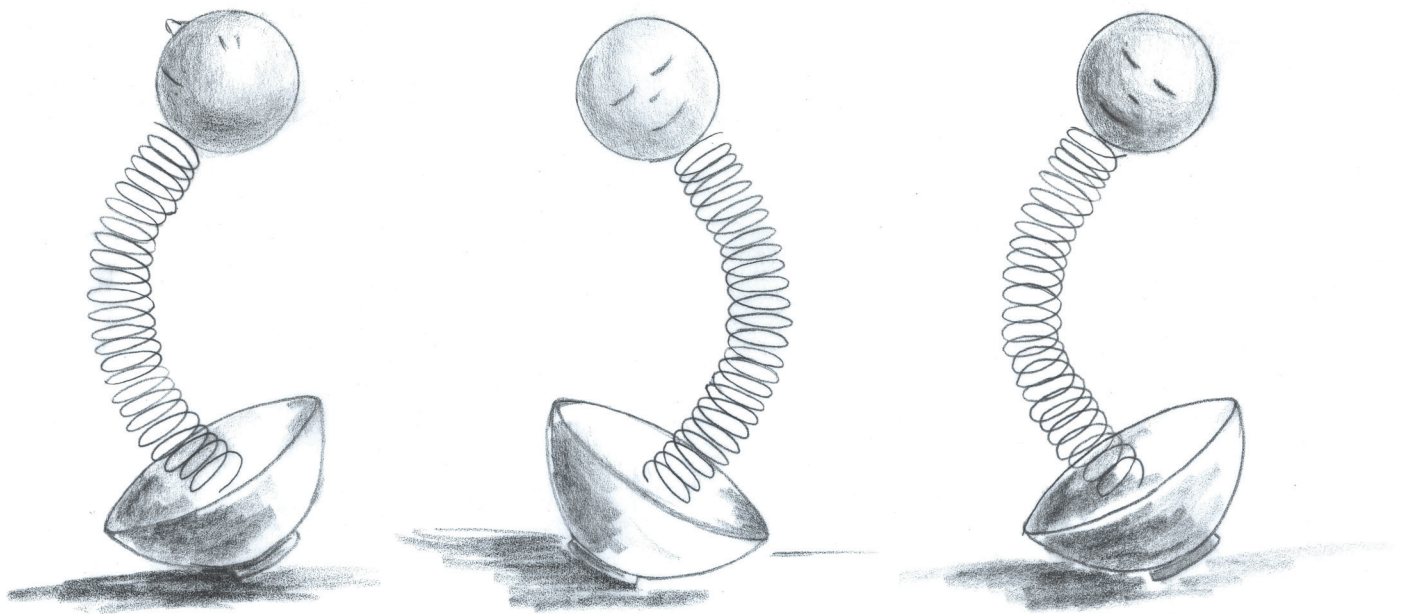


the Ball, the Bowl and the Slinky

How the head, pelvis and spine move us powerfully through life



This workshop will help you to reclaim the vital relationship to your central core—the head, the pelvis and the spine—a connection critical to allowing you to move through life with balance, ease and grace.

Complex material comes alive with simplicity, clarity, and application in everyday life situations as we examine the essential components needed for powerful and fluid movement. Come join the journey.

BARBARA YOUNG is a physical therapist and Feldenkrais® practitioner who brings over 35 years of experience and knowledge in movement, physical therapy, yoga, dance and meditation to her workshops and classes. Her kinesthetic understanding is informed by her study of early development as the foundation through which we grow and develop into thriving adults.

May 5–6, 2018

Sat and Sun, 10 am–4:30 pm

Greenwood Masonic Lodge

7910 Greenwood Ave N, Seattle Wa 98103

To register or for more information,
visit [Barbara's website](#) or contact her via email at
barbara@youngenergyseattle.com

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