

Move, Focus, Prepare! (MFP)

Movement lessons with Focusing and a touch of Preparedness
with Katarina Halm

TUESDAYS 11am - 12pm Pacific time
6 Tuesdays May 23, 30, June 6, 13, 20, 27, 2017
Online via Zoom

WEDNESDAYS 5:15 - 6pm
6 Wednesdays May 17, 31, June 14, 28, July 12, 26, 2017
MacDonald Professional Centre
2786 West 16th Avenue #104, Vancouver BC, Canada V6K 4M1

THURSDAYS 10:30 - 11:39am
6 Thursdays May 23, 30, June 6, 13, 20, 27, 2017
Totem Room or Fireside Room,
St Philip's Anglican Church, 3737 West 27th Avenue V6S 1R2

REGISTER FOR MFP CLASSES
<http://thinkinginmovement.ca/mfp-registration/>
or call 604 263 9123

MOVE:

Taiji & Feldenkrais® & Movement Intelligence
Skill in moving through unusual circumstances.

FOCUSING:

Reflections and applications to preparedness

PREPARE:

Preparing for Earthquakes and other disasters
our project grows step by step.

~ The comfort of being prepared ~