

John Pepper's Conscious Walking for Parkinson's

John Pepper, author of "Reverse Parkinson's Disease", developed ways to overcome some of the worst symptoms of the disease. John Pepper's inspiring workshops September 2016 in Vancouver, Richmond, and on Salt Spring Island, included two hundred participants. Many of have expressed interest in continuing to learn. Feldenkrais® practitioners, Jane Williams & Katarina Halm would love to teach a follow up series for John Pepper's Conscious Walking for Parkinson's in four weekly classes. Elements from Feldenkrais Awareness Through Movement® lessons would support the learning process. Included would be a practice plan for everyone.

These lessons would be useful for those with PD and related neurological conditions, their families, caregivers, physicians, physical therapists, anyone interested in working with neurological approaches to balance and walking.

TIME, DATES: November 22, 29, December 6, 13, 2016 ~ Tuesdays 1:15 to 2:15 pm

LOCATION: Kerrisdale Presbyterian Church 2733 W 41st Ave, Vancouver BC

By donation to help cover costs

MORE INFORMATION: <http://thinkinginmovement.ca/john-pepper/>

REGISTRATION: Please Call 604 263 9123 or complete our easy online form: <http://thinkinginmovement.ca/registration-jane-williams-katarina-halm-john-pepper/>

Thinking In Movement.ca ~ studio@thinkinginmovement.ca ~ Katarina 604-263-9123