



Feldenkrais® & Taijiquan 9:15 am (1 hour)

Free Introduction Monday, Jan 13, 2020: <https://tinyurl.com/Free-Intro-Jan-13-2020> KCC #254315

Ten Mondays Jan 20 to March 23, 2020:

<https://tinyurl.com/Class-Jan-20-Mar-23-2020>
KCC #254316

Feldenkrais® & Movement Intelligence

1:15pm (1 hour) *Free Introduction Friday, January 10, 2020 <https://tinyurl.com/Free-Intro-Jan-10-2020> KCC #251861*

Ten Fridays Jan 17 to March 20, 2020: <https://tinyurl.com/Class-Jan-17-Mar-20-2020> KCC#251862

REGISTRATION

~ 3 options:

1/ **Online:** use the tiny urls above

2/ **In Person:** Kerrisdale Community Centre
5851 West Boulevard, Vancouver, BC, CA V6M 3W9

3/ **Telephone:** 604 257 8100 use the KCC#'s above



More information:

<https://thinkinginmovement.ca/kerrisdale/> [Tai Chi and Feldenkrais®](#) [Move, Focus, Prepare](#) [Feldenkrais® Movement Intelligence/Bones for Life®](#)

* Certification hours Bones for Life™ teacher training

* Continuing Education credits for counsellors and movement professionals

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