



**FELDENKRAIS®
& TAIJI
with
Katarina Halm**

**May 2020
Vancouver BC**



“Ever Flowing River”
不斷流動的河流

“Close the Gate to Push at the Moon”
關門推月

'International Feldenkrais® Week'

Free online classes via ZOOM

ADAPTING TO CHANGE:

We are keeping safe and learning how to adapt to changes.

45 minute lessons (listed in Pacific time)

Mondays: 1:15 pm ~ May 4th, 11th, 18th, 25th

Tuesdays: 11am ~ May 5th, 12th, 19th, 26th

Fridays: 1:15 pm ~ May 8th, 15th, 22d, 29th

Saturdays: 11:00 am ~ May 9th, 23d

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Beginners are welcome

Participate as often as you wish

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TO SIGN UP: email or call Katarina

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