



Compute with Comfort: A Feldenkrais ATM® Workshop

Whether you spend hours, days or minutes in front of a computer, you have probably already experienced at least some of the challenges of doing so. In this workshop we will explore ATM® Lessons allowing you to learn to sit in a more neutral and easy way. By learning to widen your focus and access your awareness, you can notice when changes are necessary and be able to increase your comfort, dynamic alignment, and efficiency. Learn to decrease effort and discomfort from repetitive habits of sitting. We will be exploring ATM lessons in a variety of positions—not just in sitting. This workshop can benefit first-time FELDENKRAIS participants or those who have attended ATM classes before. Please dress in layers and bring an extra towel.

ABOUT THE INSTRUCTOR:

Carrie Lafferty has been in the healing arts for over 26 years and maintains a private practice. She is a Physical Therapist, a GUILD CERTIFIED FELDENKRAIS PRACTITIONER(CM) and a Master Healing Qi Gong Teacher from Ling Gui International Healing Chi Qong School. She also has a long-time insight meditation practice and has studied Shamanism in several places around the globe. Carrie is dedicated to facilitating a sense of curiosity in order to maximize a graceful healing and/or learning process. She works with the intention to assist others in the amazing process of self-discovery of linking intent with action more clearly in their lives. For more information on Carrie and FELDENKRAIS, visit www.movementfromwithin.net.

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When:

Friday, January 13, 2012
6:00 pm - 9:00 pm

Location:

The Structural Medicine Studio
2821 NW Market St. Suite H
Seattle, WA 98107

Cost:

\$45

Registration:

Contact Seattle Center for
Structural Medicine at
206.706.0063