

# MINDFUL VETERAN P R O J E C T



Join us for a special Wellness Wednesday zoom series

## Feldenkrais® Core Strength Workshops

- improve power, balance, and ease of movement -
- unusual, interesting, deeply relaxing -
- done on a mat or blanket on the floor & in a chair-
- slow, gentle, guided movement of the body with no experience, fitness level, or special clothing/ props required -

free virtual series runs from

Wednesday

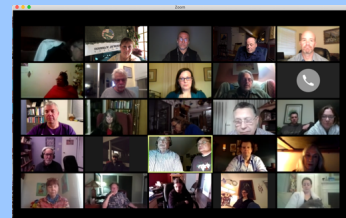
March 3<sup>rd</sup> through 24<sup>th</sup>, 2021

3:00 - 4:15PM

(Pacific Time)

[https://us02web.zoom.us/j/83573864944?  
pwd=ZFJvRUJMzGhzbmRzb1QwUEdNQ1ZHQT09](https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMzGhzbmRzb1QwUEdNQ1ZHQT09)

Meeting ID: 835 7386 4944      Passcode: 081709



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