

# MINDFUL VETERAN P R O J E C T



Join us for one of our fun, easy, gentle Wellness Wednesday sessions

## Feldenkrais® “Awareness through Movement”

Wednesday  
March 16th, 2022

3:00pm - 4:00pm

(Pacific Daylight Time)

The directed attention and gentle movements through which Luz will guide us are done in a chair that is without wheels or arms.

Feldenkrais® work is wonderful for increasing ease and range of motion, improving flexibility and coordination, and helping us discover our natural capacity for graceful, efficient movement.



[https://us02web.zoom.us/j/83573864944?  
pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09](https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09)

meeting ID 835 7386 4944

818.616.2931  
[info@mindfulveteranproject.org](mailto:info@mindfulveteranproject.org)  
[www.mindfulveteranproject.org](http://www.mindfulveteranproject.org)