

# WEEKLY FELDENKRAIS AWARENESS THROUGH MOVEMENT CLASSES

Saturday 11:00 AM - Noon  
Phoenix, AZ  
(40th St. and Cactus)

*Jacqueline Bayne*



A powerful and transformative class is offered for self-connection, self-awareness, self-healing, and transformation. This is a method for bypassing all conditioning and habitual stress patterns to achieve instant relief and to break unconscious patterns. With slow gentle movements, mostly on the floor, you learn how to move more comfortably in the world.

Experience the healing presence and creative flow in the company of mystic, teacher and guide, Jacqueline Bayne. Using the work of Moshe Feldenkrais and multiple disciplines, we will drop into deeper states of consciousness in order to experience ourselves to our greater capacity.

\$20 per class (check or cash) / 6 classes for \$100  
Space Limited

For More Information:

Jacqueline Bayne - 602-821-7149 or [jacquelinebayne1@gmail.com](mailto:jacquelinebayne1@gmail.com)

[www.mariaelenacairo.com](http://www.mariaelenacairo.com)

*"Prepare for the practical and the exceptional as you experience this remarkably inspired teacher, friend, and co-journeyer, Jacqueline Bayne, into the wonderment of the Awakened Life.*

*--W. Brugh Joy, MD*