

WEEKLY FELDENKRAIS AWARENESS THROUGH MOVEMENT CLASSES

Wednesday 12:30 - 1:30 PM

at And Breathe

3201 North 3rd Street, Phoenix, AZ 85012

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.

The Feldenkrais Method, with its slow gentle movements mostly on the floor, helps you to move more comfortably in the world. It has been known to help with relaxation, deep centering, improved movement including balance, improved energy levels, and assisting in the relief of pain.

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

For More Information:

Jacqueline Bayne - 602-821-7149 or jacquelinebayne1@gmail.com

www.mariaelenacairo.com

Private Sessions Available ~ Jacqueline would like you to know that she is now giving private consultations by phone and in person. Sessions are Heart Centered and based on Inquiry into your present experience and its impact on the soul. Using the body as the avenue to awareness, breathing techniques are used to move towards the realization of Being. Her interaction with you will be based on over twenty years of participating in

the Diamond Approach, also known as Diamond Heart from the Ridhwan School which draws on the awareness of both ancient spiritual teachings and modern depth psychological theories, and on her work with Brugh Joy and Maria Elena Cairo which includes dream work.

Jacqueline opens herself in service and is magical in attuning to the deeper forces. She has an acute ear for the metaphor and a laser skill at reflecting one's own words and phrases back to self. She has highly developed intuitive ranges and a powerful ability to read pattern. Her work has been described as having warmth and humor.

"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