

Movement Patterns Series

With Donna Furmanek

Fridays, March 8, 22, and 29, 2019

6:30 - 8 pm, Single Class - \$25/ by March 7

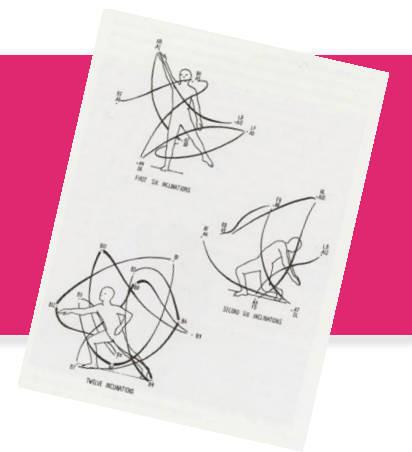
\$30/Day of

Entire Series - \$70/by March 7



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What are Movement Patterns?

Movement patterns begin in the womb and continue throughout our lives.

Movement is how we manifest ourselves. Body pattern connections are fundamental. We make connections with our bodies through patterns which our neuromuscular system develops for executing movement sequences.

It is how we relate to ourselves and the world.

What you will learn:

- Learn, review and explore the six basic Fundamental Patterns of Total Body Connectivity and variations
- Experience the body in motion and movement possibilities
- Explore body patterns within the context of yoga postures



Donna Furmanek

Donna Furmanek, M.Ed., Certified Iyengar Yoga Teacher (CIYT), and Certified Laban Movement Analyst through Columbia College (GL-CMA), discovered the art of movement in 1976, which led her to yoga and a new direction in life.

She has earned National Board Certification for accomplished teachers, has won scholarships and awards for using innovative and creative movement programs with children, and presented movement workshops to educators in schools and in higher education.