



## CFCL Feldenkrais Movement – 2 New Series

Beginning week of April 29th *with Bill Fehlner*

### Tuesdays 9:00 a.m. Weeks 1 to 5 of Balance series

This is a program to improve balance and function and to prevent falls in older people. It also enables older people to undertake more physical activity. Lessons 1 through 5 are done primarily in sitting. This section activates several key areas central to balance: the pelvis, the spine, the ankles, and the feet.

### Tuesdays: 11:00 a.m. Weeks 6 to 10 of Balance series

Lessons 6 through 10 are primarily done in standing. This series focuses on finding balance in a standing position.

Key components include:

- Shifting weight
- Using the breath to reorganize standing
- Developing dynamic stability
- Discovering a stronger sense of the feet in contact with the ground

### Wednesdays: 9:00 a.m. Weeks 1 to 5 of Seeing Clearly series

The objective of this series is to reorganize neural pathways so we can once again see the way we did as children. If we create an environment in which our eyes can do their job without strain, it is possible for the brain to see clearly.



## Ecumenical Procession of the Cross

**WHEN:** GOOD FRIDAY, April 19 at 12 noon

**Where:** Beginning at the Almonte Baptist Church /  
Grace Anglican on Reserve St.

The churches of Almonte will join together on Good Friday for the annual Procession of the Cross, this year hosted by St Paul's.

As usual, participants will gather at 12 noon.

We will walk together between the Almonte churches, finishing up at St Paul's (62 Clyde St) at about 1:00 p.m. for a short service followed by refreshments.

Please Join Us!