

# Decompress UR SPINE

## The Feldenkrais® Way

**Sign up for this FREE Introductory Class!**

w/ **Judy Katz** *Guild Certified Feldenkrais Practitioner®*

**Thursday Nov 3rd, 1:30 or 5:30 pm**  
**Vitality Yoga Studio, 205 Victoria St.**



- **Bring Spring BACK into UR SPINE**
- **Gentle Easy-2-Do Movements that Improve Your Posture & Your Body Mechanics**
- **Decompression can alleviate the symptoms of many vertebral issues**

**6 Class Series: Decompress UR Spine**

**Thursday @ 1:30 or 5:30 pm, Nov 10-Dec 15**

To Register: 250-352-3319, [somatikatz@gmail.com](mailto:somatikatz@gmail.com)