

# AIM

Awareness... Integration... Movement

## What Is AIM

Awareness, Integration and Movement blends the gentle but profound awareness created in the Feldenkrais Method® with the ancient tradition of Yoga.

Using Feldenkrais and Yoga strategies Jeni and Christine show students and Yoga teachers alike how to unlock habitual patterns of movement and reawaken the body's natural alignment.

This extraordinary work is the culmination of decades of study and teaching both in Feldenkrais and Yoga therapies.

The perspective is unique and thought provoking, supplying participants with tools for growth in their lives and in their yoga practice.



Join us  
**Sat February  
27th**

**2pm to 5pm**  
at

**Yoga Yoga**

**24421 Walnut St.  
Newhall CA 91321**

**Call 661 222 7777**

**[www.YogaYogaonline.com](http://www.YogaYogaonline.com)**

**\$40 before 2/21/10  
\$50 at the door**



### Yoga Teachers RYT 200 CEU's

Because of their extensive background and experience, Christine and Jeni are qualified to offer Yoga Alliance CEU's towards RYT 200 renewal, any Yoga teachers that are interested in this work can earn up to 3 CEU units per 3 hour workshop.

For more information on CEU's contact Jeni Direct 805 526 9642