

# ABQ VIPASSANA SANGHA: PRACTICE DEEP MINDFULNESS WITH FELDENKRAIS!



Dear ABQ Vipassana Sangha,

The Feldenkrais ATM (“Awareness Through Movement”) is a very good way to practice deep mindfulness (many of the first Buddha suttas point to mindfulness of the body). PLEASE JOIN US FOR RECORDED SESSIONS FROM SOME AMAZING FELDENKRAIS TEACHERS, including Venerable Dhammadinna from the Bodhi Heart Sangha in Seattle. (I’m not a Feldenkrais teacher but have found that these recorded lessons are wonderful & easy to follow, particularly as a group).

**DATES: THE FIRST WEDNESDAY EVENING OF EACH MONTH FOR DECEMBER-FEBRUARY 16TH (Dec. 2, 2015; Jan. 6, 2016; Feb. 3, 2016)**

**TIME: 6:30-7:30 PM**

**Wear comfortable, loose clothing and bring a yoga mat if you have one (I have extra yoga mats if you don’t, and a thick blanket will work too).**

Feldenkrais is about mindful movement, ease in the body and can be practiced by almost anyone, including those of us with mobility challenges and injuries. It is also very relaxing and brings increased movement awareness and healing.

THANKS AND HOPE TO SEE YOU SOON! *Kristine* (kmaltrud@gmail.com)