

ATM Class Listings (some listings up-to-date as of 2/27/07 others updated 2/7/2008, confirm class with instructor)

Robert Black, BA, MS, C(Psych)

AB
CANADA

Calgary, AB T3H 2W9

Phone: 403.680.2908/403.242.2909 Fax: Email: rblack@somaticjourneys.com

www.somaticjourneys.com

Tuesday: Ongoing classes at 6:30 pm at the Calgary Jewish Centre. Check Rob's website for details.

Arne Heayn, PT

AB
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Edmonton, AB T6B 2C8

Phone: 780.473.1681/780.469.7170 Fax: 780.475.1840 Email: arne@bodyhelp.com

www.bodyhelp.com

Souder Sleep Teacher, Buteyko Breathing Teacher

Monday: Healthy Breathing - Buteyko classes at Acadia Physical Therapy 202 12781 - 50 street [780] 473 1681 [runs Monday through Friday selected weeks - pre-registration essential - call]

Tuesday: Healthy Breathing - Buteyko classes at Acadia Physical Therapy 202 12781 - 50 street [780] 473 1681 [runs Monday through Friday selected weeks - pre-registration essential - call]

Wednesday: Movement Improvement at Acadia Physical Therapy 202 12781 - 50 street
11:00 a.m.

Healthy Breathing - Buteyko classes at Acadia Physical Therapy 202 12781 - 50 street [780] 473 1681 [runs Monday through Friday selected weeks - pre-registration essential - call]

Thursday: Movement Improvement at Acadia Physical Therapy 202 12781 - 50 street
7:30 p.m.

Healthy Breathing - Buteyko classes at Acadia Physical Therapy 202 12781 - 50 street [780] 473 1681 [runs Monday through Friday selected weeks - pre-registration essential - call][no Thursday when Feldenkrais running]

Friday: Healthy Breathing - Buteyko classes at Acadia Physical Therapy 202 12781 - 50 street [780] 473 1681 [runs Monday through Friday selected weeks - pre-registration essential - call].

Saturday: Souder Sleep at Acadia PT -

12781 50 street #202 - 10:00 a.m.to 4:00 p.m.

call [780]473 1681 for details [pre-registration essential]

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Jacqueline Ogg, MA

Top to Toe Inc.

Edmonton, AB T6H 3X2

Phone: 780.435.1691/ Fax: 780.436.0913 Email: orders@micromoves.com

www.micromoves.com

Dance, choreography, videos, CD-ROMs, booklets, video webstreaming available online. Bones for Life(R) Instructor.

Wednesday: Awareness Through Movement Classes start Wednesday January 19, 2005 and run weekly on Wednesdays at 10:00 a.m. at JCC Community Centre, 7200-156 Street, Edmonton, AB

Thursday: Awareness Through Movement Classes begin Wednesday January 19, 2005 and run weekly Thursday afternoons at 5:00 p.m. at JCC Community Centre, 7200-156 Street, Edmonton, AB

Saturday: FREE INTRODUCTORY CLASS - Awareness Through Movement - Saturday January 15, 2005 at 10:30 a.m. at JCC Community Centre, 7200-156 Street, Edmonton, AB

Regular classes begin Wednesday January 19, 2005

Regular Saturday Class 10:30 a.m. - same location

Sunday: FREE INTRODUCTORY CLASS - Awareness Through Movement, Sunday January 16, 2005 at 10:30 a.m. at JCC Community Centre, 7200-156 Street, Edmonton, AB

AB

CANADA

Mary Jo Mather

Grande Prairie, AB T8V 0T8

Phone: 780.538.4464/780.354.8553 Fax: Email: maryjob@telus.net

Tuesday: ATM classes are on Tuesdays 4:30-5:30pm.

For information on weekend workshops, contact me directly.

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