

# ATM Class Listings

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

**Karen Toth**

ATM Only

ON  
CANADA

Kitchener, ON N2B 3S4

Phone: 519.741.1449/519.744.5380 Fax: Email: info@stretchyourlife.com

www.stretchyourlife.com

Pilates Certified, Student Awareness Through Movement (R) Teacher, Anat Baniel Method(SM) Practitioner.

**Monday:** Feldenkrais ATM 6pm,

Until June 29, 2007

**Thursday:** ATM 10:30am

ATM 6pm

**Anne Keith, BScN, RN**

ON  
CANADA

Newmarket, ON L3X 2H7

Phone: /905.898.2415 Fax: Email: anne.keith@sympatico.ca

**Tuesday:** January 15-Mar.5.:7:30-8:30 pm,

**Wednesday:** January 15-Mar.5: 2-3 pm and 7:30 -8:30pm

call Anne Keith 905-898-2415 to register and for location info.

# ATM Class Listings

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

**Stephen Emery**

ON  
CANADA

Oakville, ON L6H 1G2

Phone: 905.466.3710/ Fax: Email: [zazen@sympatico.ca](mailto:zazen@sympatico.ca)

**Monday:** 'The Healing Arts Centre of Oakville'

134 Lakeshore Rd. W.

Oakville Ontario

(S.W. corner of Lakeshore & Brant St.)

**Thursday:** 7:45 PM.

ATTIVO fitness therapy

2440 Lakeshore Rd. W.

Oakville

(corner of Lakeshore & Bronte)

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

**Rosa Murnaghan**

ON  
CANADA

Ottawa, ON K2B 8E1

Phone: /613.820.2546 Fax: Email: rfm@cyberus.ca

Bilingual//Bilingue, Bones for Life(R) Teacher and Trainer

**Monday:** Winter Program: January - March 2007 Awareness Through Movement (ATM) Classes at 1:30pm at Dovercourt Community Centre. Call to register.

Drop-in available. Substitute teacher Erin Clark

6:15 - 7:15 Brookfield H.S. No winter classes.(Ottawa Carleton District Board of Education)Registration through Board of Education

BONES FOR LIFE: No winter classes

9:30am - 11:30 Metta Massage and Yoga Clinic, 921 Richmond Rd. 724-4747 to register,

BONES FOR LIFE: No winter classes 7:30-9:00pm Brookfield H.S.(Ottawa Carleton District Board of Education)

Registration through Board of Education

**Tuesday:** Winter 2007: No winter classes Awareness Through Movement

7:30 pm West end location - No Classes Drop-in @\$14 Call (6113)820-2546 to register

BONES FOR LIFE: No winter classes

9:30am - 11:30 St Basil's Parish Hall, Maitland and the Queensway. Call Rosa at 820-2546 to register.

1:00pm Bones for Life, Soloway Jewish Community Centre. No winter classes. To register call 613.798-9818

**Thursday:** Winter: January to March 2007. No winter classes

Bones for Life classes at 5:45 - 6:45 Dovercourt Community Centre. Call to register.

**Marianne Rivington, BSc, PT**

FELDENKRAIS® Clinic - Ottawa Hospital

Ottawa, ON K1H 7W9

Phone: 613.738.8400 x82227/ Fax: 613.738.8431 Email: mrvington@ottawahospital.on.ca

Physical Therapy

**Monday:** Ottawa Hospital -Riverside Campus- 3:15-4:15-pm (intermediate level)613-738-8400/82227

**Friday:** Ottawa Hospital-Riverside Campus-ongoing-1:00-2:00pm-613-738-8400/82227

ON  
CANADA

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

## **Christine Graves, BSc (OT)**

Piece by Piece Movement

Perth, ON K0G 1A0

Phone: 613.827.2951/613.267.7714 Fax: 613.267.7714 Email: chrisg@magma.ca

[www.christinegraves.com](http://www.christinegraves.com)

Voice and music teacher. 14 years experience in Rehabilitation and working with children as an occupational therapist.

**Wednesday:** from May 2, 5:00 - 6:00pm, at the Perth Family Health Centre, 33 Lewis St., Call 613 267 7714 to register.

**Thursday:** from May 3, 5:00 - 6:00pm, at the Perth Family Health Centre, 33 Lewis St., Call 613 267 7714 to register.

**Saturday:** at 1 pm, at The Physiotherapy Institute, 350 Cichon St., Ottawa, Call 613 316 5357 to register.

ON

CANADA

## **Fariya S. Doctor , RMT**

Body Max Fitness&Wellness Studio

St Catharines, ON L2R 7X3

Phone: 905.401.2327/ Fax: Email: [feldenkrais @ cogeco.ca](mailto:feldenkrais@cogeco.ca)

[www.bodymaxfit.com](http://www.bodymaxfit.com)

Registered Massage Therapist, Craniosacral Therapy

**Thursday:** Fall classes are being planned for 2006

call or email to inquire (905)401-2327

ON

CANADA

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

## **Friederike Bental**

FELDENKRAIS® School of Somatic Learning, Inc.

Stouffville, ON L4A 7X5

Phone: /905.640.4490 Fax: 905.640.6166 Email: feldenkrais@look.ca

General public and eating disorders.

### **Wednesday:**

Term starts: April 25, 2007

Term ends: June 27, 2007 (10 lessons)

Wednesday Am Lessons: 10:30 – 11:30 AM

Wednesday PM Lessons: 6:00 – 7:00 PM and/or: 7:30 – 8:30 PM

Prepayment: \$150 for 10 lessons

Payment per visit: \$ 20 for 1 lesson

ON

CANADA

## **Lea Young**

Thornhill, ON L4J 8K8

Phone: /905.881.1445 Fax: Email: dingo11@rogers.com

**Monday:** Antibes community centre, Toronto  
7:00 pm.

**Wednesday:** 57 Langtry place, Thornhill  
7:00 pm

ON

CANADA

# ATM Class Listings

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

## **Karen Bowes-Sewell , Assoc. Prof.**

Pivot Sport Medicine and Orthopedics

Toronto, ON M6E 3A4

Phone: 416.767.4868/416.651.7217 Fax: Email: kbsewell@yorku.ca

www.pivotsmo.com

www.feldenkraistoronto.ca. People of all ages; performing artists; athletes.

**Friday:** ATM 10-11 am

Single \$25.

6 class series \$100.

Pivot Sport Medicine & Orthopaedics

2288 Bloor St. West at Runnymede

416-767-4868

ON

CANADA

## **Susan Free , M.F.A., C.M.A.**

Toronto, ON

Phone: 416.654.0248/ Fax: Email: susan\_free@hotmail.com

ATM classes at the Feldenkrais Centre

Toronto, ON 416.928.3505:

**Monday:** 12-1pm

**Tuesday:** 10-11am

**Thursday:** 6:15-7:15 pm

**Saturday:** Summer 2007 Sat. 9:45-10:45 am

Fall 2007

ATM class at Hillcrest Studio

Toronto, ON 416.656.2287

Weds. 9:30-10:30 am

ON

CANADA

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

## Marion Harris

The FELDENKRAIS® Centre

Toronto, ON M5R 1V9

Phone: 416.928.3505/ Fax: 416.928.3593 Email: marion@feldenkraiscentre.com

www.feldenkraiscentre.com

Feldenkrais® for Yoga, Sounder Sleep System®, Bones for Life® .

**Monday:** 12 noon

**Tuesday:** 10 am & 6:15 pm

**Wednesday:** 1 pm

**Thursday:** 10 am & 6:15 pm

**Saturday:** 9:45 am & 11 am (not in summer)

ON

CANADA

## Judy Katz

Toronto, ON M6J 3W5

Phone: /416.703.6947 Fax: Email: somatikatz@gmail.com

Private and Group lessons.

**Monday:** Mondays @ 6:30 in Queen West area -

\$40 for 3 class series or \$15 for drop-ins

**Wednesday:** Wednesdays @ 10 am

6 class series Nov. 1 - Dec.6

MNJCC 750 Spadina Avenue

\$60 for members \$75 for non-members

ON

CANADA

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

**Laura Lasker**

ON  
CANADA

Toronto, ON M4K 3B3

Phone: /416.469.9732 Fax: Email: llasker@sympatico.ca

musicians, repetitive strain injuries as well as the general public.

**Wednesday:** Private/semi-private ATM classes between 6pm - 8pm every Wednesday until December 2005. In the Riverdale area in Toronto, accessible by TTC, street parking available. Private ATM (\$20), customized to your needs! Please call ahead to book in advance. 416-469-9732.

Functional Integration sessions also available throughout the week.

Make your movement matter.

**Frauke Voss**

ON  
CANADA

Toronto, ON M4V 2E8

Phone: /416.929.0394 Fax: Email: frauke.voss@sympatico.ca

Also in Bermuda 441.236.0336

**Tuesday:** on-going semi-private class at 5:30 pm;

please call for reservation

**Friday:** on-going semi-private class at 12:30 pm; please call for reservation