

ATM Class Listings (up-to-date as of 2/27/07, confirm class with instructor)

Ann Frett, MPT

MN

Creative Awareness, LLC

Duluth, MN 55803

218.310.2849/218.525.9582 Fax: Email:

Physical Therapist

Monday:

Wednesday:

Thursday: Integrating the Core Into Functional Movement

January 12 - May 17, 2007

Weekly, 5:45-6:45 pm

email annfrett@yahoo.com for more information.

Kelli Tennyson Tonko

MN

The FELDENKRAIS® Movement Center

Minneapolis, MN 55410

612.926.7503/ Fax: Email: kelli@feldenkraismovementcenter.com

www.feldenkraismovementcenter.com

Tuesday: FELDENKRAIS Awareness Through Movement series

Dates/Times: Tuesdays 5-6pm Oct 3-Nov.7

Location: The Marsh; A Center for Balance and Fitness in Minnetonka, MN

www.themarsh.com

Saturday:

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Lisa Walker

MN

FELDENKRAIS® Minnesota

Welch, MN 55089

651.258.4027/651.258.4762 Fax: Email: feldenkraisMN@hotmail.com

ROCHESTER, RED WING, WELCH

Monday: **PRIVATE SESSIONS available at Feldenkrais MN Studio -- Welch
TO SCHEDULE APPT., CALL LISA (651) 258-4762

Tuesday: WEEKLY EVENING CLASSES
6:30PM-7:30PM (1/9/07-2/13/07)
Bluewater Yoga Studio-Red Wing, MN
TO REGISTER, CALL LISA (651)258-4762

**PRIVATE SESSIONS available at Feldenkrais MN Studio -- Welch
TO SCHEDULE APPT., CALL LISA (651) 258-4762

Wednesday: MEDITATION IN ACTION
7:30PM-8:30PM Wednesdays (2/7/07-2/28/07)
Mayo Dan Abraham Healthy Living Center
TO REGISTER, CALL LISA FOR INFO.
(651)258-4762

**PRIVATE SESSIONS available at Feldenkrais MN Studio -- Welch
TO SCHEDULE APPT., CALL LISA (651) 258-4762

Thursday: TOTAL BODY GOLF
7:15PM-8:50PM (1/4/07-2/15/07)
Rochester Athletic Club
TO REGISTER, CALL RAC Activities Desk
(507)287-9300

**PRIVATE SESSIONS available at Assisi Heights,Rochester
TO SCHEDULE APPT., CALL INTEGRATIVE THERAPIES
(507)280-2191

Friday: **PRIVATE SESSIONS available at Feldenkrais MN Studio -- Welch
TO SCHEDULE APPT., CALL LISA (651) 258-4762

Saturday: MOVE BETTER, FEEL BETTER WORKSHOP
9:00AM-NOON 1/20/07
Integrative Therapies-Assisi Heights, Rochester
TO REGISTER, CALL INTEGRATIVE THERAPIES (507)280-2191

FULL BODY RUNNING WKSP
8:00AM-NOON 1/27/07
Rochester Athletic Club
TO REGISTER, CALL RAC Activities Desk
(507)287-9300

AWAKEN YOUR CORE WKSP
8:00AM-NOON 2/10/07
Mayo Dan Abraham Healthy Living Center
TO REGISTER, CALL LISA FOR INFO.

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WKD RETREAT: MEDITATION IN ACTION
9:00AM-5:00PM Sat 3/10 & Sun 3/11
Rochester Athletic Club
TO REGISTER, CALL RAC Activities Desk