

Donna Eshelman



INTRODUCTION TO THE STELLALIGN®

A workshop with Donna Eshelman, M.A., G.C.F.P.

Experience the improvement in your posture, relaxation of your muscles, and reduction in aches and pains with one of the most innovative tools on the market today for fitness and health--the Stellalign®. Each day we will learn very simple exercises based in the Feldenkrais Method of neuromuscular reeducation that are suitable for people of all ages and fitness abilities.

Saturday, October 24th, 2015 - from 10:00am-1:00pm &
Sunday, October 25th, 2015 - from 10:00am-1:00pm

Cost: \$75 for one day, \$150 for the weekend.
Payment by personal check, credit card or cash accepted.

This workshop is limited to 10 participants. Please contact Donna to reserve your place. To register now, please contact Donna at donna@donnaeshelman.com or call 310-217-7543.

Location:

Los Angeles Birth Partners**
1750 Ocean Park Blvd., Ste. 206
Santa Monica, CA 90405

For more details please contact donna@donnaeshelman.com

**Los Angeles Birth Partners is located in Santa Monica at the corner of Ocean Park & 18th Street in the One West Bank Building. The suite is located on the second floor of the building and has elevator access. Please enter the parking lot on 18th Street. On Saturday you may park in any of the spots marked "Visitor" or on 18th Street (please observe parking restriction signs). On Sunday you may park in any of the spots in the lot.

Please bring with you to the workshop:

- Your Stellalign® (contact Donna if you do not have one)
- A Mat
- Dress comfortably in sweats and a T-shirt or sweatshirt.
Layers are recommended so you stay warm enough.
- Please refrain from wearing perfume, cologne, or heavily scented body lotions and/or hair products.