

# Feldenkrais for Fitness: Train the Brain

with the Versatile, Durable 'Two-in-One' SMARTROLLER®!



The California Education Connection will be hosting  
**Feldenkrais for Fitness: Train the Brain** by Stacy Barrows, PT  
March 6, 2010 - Los Angeles, CA

**Course Description:** Somatic education is emerging as a viable study of human potential. Dr. Moshe Feldenkrais, Doctor of Science, developed a method to create better learning conditions for human development. This course will introduce the Feldenkrais Method and its application in fitness, wellness and performance for health and fitness professionals.

For more information about **Stacy** check out her blog at <http://feldypt.blogspot.com/>

For more information about the **SMARTROLLER** visit OPTP at [www.optp.com](http://www.optp.com)



For more information about the course please visit

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