Mindful Movement for Parkinson’s

With Matt Zepelin, MA, Certified Feldenkrais Practitioner®

Check out the “Mindful Movement for Parkinson’s Podcast”: http://www.recovermobility.com/feldenkraisboulder/

Group Info:
When: Monthly on Sundays, 2:00-4:30 p.m.
Cost: By donation
Where: A Living Arts Centre
2231 South Platte River Drive
Denver, CO

For more information:
www.recovermobility.com
matthew.zepelin@gmail.com
303-895-5278

Upcoming meetings:
January 17th – Resting Deeply Quickly
February 21st – Sit to Stand Effortlessly
March 20th – Mobility in the hands & feet

Matt Zepelin has been practicing mindfulness techniques, including the Feldenkrais Method of movement education, and Zen meditation, for 12 years. Having experienced the healing effects of mindful movement on a severe neck injury incurred while snowboarding as a teenager, Matt enjoys sharing the benefits of movement education with others, and has worked with people with Parkinson’s Disease in Longmont, Boulder, and Denver.