

Dispelling the Negative Myths of Aging

with Lucien Demaris and Edward Yu

Saturday, October 23th, 1-4pm | \$45 adv. / \$50 at the door

“What our culture accepts as the normal effects of aging are, to the contrary, the abnormal effects of our culture.”

—THOMAS HANNA

Unconscious negative cultural attitudes toward aging contribute dramatically to malaise and physical decline as we get older. During this workshop, you will experience improvements in everything from posture and balance to your level of comfort. You will discover that it is possible to *improve* both mentally and physically as you age!



Lucien Demaris is a Guild Certified Feldenkrais® Practitioner and holds a Master's degree in Acupuncture and Traditional Oriental Medicine. He is also a Nationally Certified Bodyworker with a private

practice at RAKSA. He has been a life-long student of ancient healing practices of the Americas, and an explorer of human potential through somatic studies and embodiment practices for 20 years.



Edward Yu is a Certified Feldenkrais Practitioner®, 7th generation lineage holder of Gao Bagua under Masters Guoliang Ge and Xueyi Li and author of *The Art of Slowing Down: A Sense-Able Approach to Running*. Edward's interest in how people learn and

process information has led him to bring disparate fields like psychology, cognitive science and martial arts into both his teaching and writing.

Call 310.559.7200 to Reserve your Space!!

