

Date: Thurs June 15th, 2017

Time: 11:30am - 1pm

BRING YOUR LUNCH AND LEARN!



Feldenkrais with Fariya Doctor

Fariya has over 23 years of experience in helping people with pain and mobility problems. She is an experienced Registered Massage Therapist and a Feldenkrais Practitioner ® .

She has a Bachelor of Science degree at McMaster University (1990), a Massage Therapy Diploma at Sutherland-Chan Massage School (1993), and is a Guild Certified Feldenkrais Practitioner (2004). She has is currently on the Board of Directors for the Feldenkrais Guild of North America.

Her practice involves being a “Movement Detective” for people. Seeing glitches in a patient’s movement habits, she helps them correct and maintain better postural patterns. Fariya has a specialization in joint problems, chronic conditions, and respiratory issues.

Brought to you by the S.I.M GYM

Talk takes place in the Auditorium of St.Joseph’s Villa

56 Governor’s rd, Dundas

Call 905-627-3541 ext 2109 or

email s.i.mgym@sjv.on.ca to reserve your spot

55 and older please