

The Feldenkrais Method Workshop

Atlas

(the first
cervical vertebra)

Axis

(the second
cervical vertebra)

C1

C2

C3

C4

C5

C6

C7

T1

Exploration of Movement at C7-T1 (widow's hump)

Saturday July 8

10am - 2pm

Cost \$35 - \$30 conc.

Bookings

0429 666 102

53 Albert Street,

Creswick

Spinous Process

Transverse process

Vertebral body