



Feldenkrais at Sprouts Therapy

Sprouts Therapy is excited to offer Feldenkrais Movement Classes with specialist Eva Geueke. Creative Learning through Movement fosters the relationship between children's thinking, actions, feelings and sensations. This integrates cognitive, sensorial, emotional and motor development, adding greater potency and relevance to learning. This group setting allows the participants to work and play with same age peers secondarily improving motivation and generalizing skills learned in individual therapy programs.

Moving Bodies, Sprouting Minds

Ages: 5-7, Max Class Size 10

5 Week Class -\$170.00

Fridays 3pm-4pm

April 14th, 21st, 28th

May 12th, 19th

This class is designed to be a fun experience for the children while they learn movement for the integration of right and left brain. Latest research shows how important dance and movement is for the neuroplasticity of the brain and for mental and emotional maturing of a child. The children also learn to listen, focus and follow instruction as part of the process. Movement and rhythm will be used for brain integration.

Brain and Body Integration

Ages: 8-11, Max Class Size 10

6 Week Class- \$200.00

Thursdays 4:30pm-5:30pm

April 13th, 20th, 27th

May 11th, 18th, 25th

This class is a fusion of several brain and body integration techniques including Smart Moves, Feldenkrais, and Capoeira (Martial art that combines elements of dance, acrobatics and music). Focus is on enhancing the Neuroplasticity of the brain through music and dance, movement games, and movement coordination skill building. Benefits may include improved focus, learning, creativity, visual processing, cognition, motor planning and coordination.

Sprouts Therapy

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