



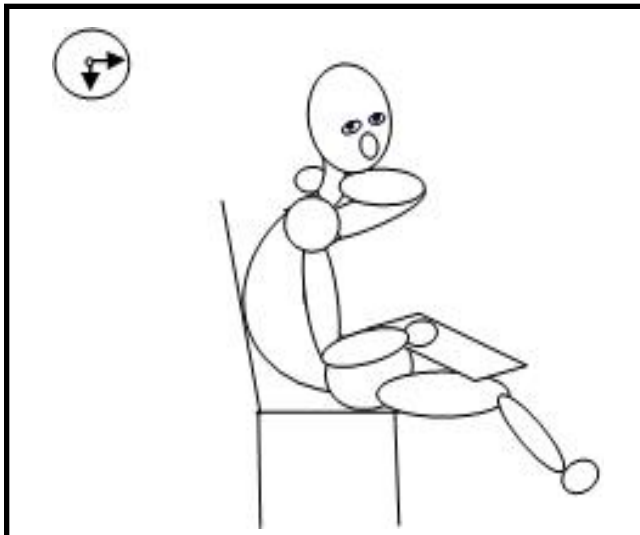
Maureen A. McHugh

Feldenkrais Practitioner

WINTER SCHEDULE

JANUARY - MARCH 2009

A Winter's Tale



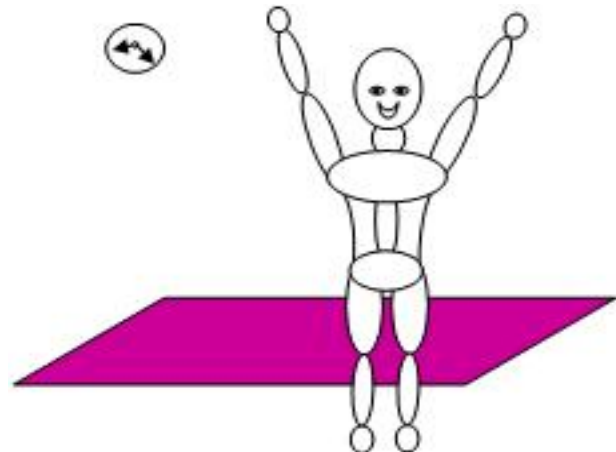
Yeah! I finished the proposal. But, oh! My neck!



Fortunately, tonight is Feldenkrais. The County supplies beautiful mats. We do "rib accordion" right.



And then, "rib accordion" left.



An hour goes fast. Now I feel so good!

