

At the Watertown Center for Healing Arts 17 Spring Street

Sunday, March 15, 5:30-7 pm

** FREE **



Three Keys to reducing tension for musicians

Feldenkrais teacher and musician Josh Schreiber Shalem shares the work that helped him recover from debilitating pain to complete a Masters in Music, and launch a career helping other musicians **recover from injury, avoid injury, and generally reduce tension.**



MOVE YOUR BODY • MOVE YOUR MIND • MOVE YOUR AUDIENCE

Josh Schreiber Shalem, *Feldenkrais* teacher. 781-640-8794 TheMovingMusician.com