

Movement Alchemy: Micro Movements Create Big Shifts

I am excited to be offering something I just created -- which I am calling Movement Alchemy.

After teaching Pilates virtually for the last several months and taking Feldenkrais classes for the first time, I was inspired.

Movement Alchemy will keep you moving, and connected to the present moment, through your body and breathe. The results are increased relaxation, body awareness, and connection to the deep inner wisdom our bodies possess.

Would you be interested in experiencing the benefits of a Movement Alchemy session?

I am offering sessions for individuals and groups. A virtual Movement Alchemy session is done via zoom and is 25 minutes long. I will lead you and/or your group through a series of Pilates inspired movements, which are accessible to anyone at any fitness level, all you need is a chair. Want to try this?

You can join me at no cost the first Sundays in July and August. July 5th 2020 and August 2nd 2020. This Movement Alchemy group sessions will be held at 3:00 PST, 4:00 MT, 5:00 Central and 6:00 EST. Email me at cassandraoneill@me.com and I will send you the zoom registration link.

Experience from Amy S.

“During the session, I felt very calm and centered. Sometimes movement classes make me feel frustrated or bad about my body because I notice limitations or what is hard for me to do. This type of movement and Cassandra's instructions helped me find the exercises to be accessible, and available for my body's ability. I felt very supported by Cassandra. Afterwards, I felt good for engaging in movement especially because during quarantine and work from home times, I feel more sedentary.”

For more information and to register, please contact me at cassandraoneill@me.com or text/call (520) 403-0687.

