



**DISCOVEREASE IN MOVEMENT WITH ALEXANDER TECHNIQUE
JUNE-JULY CLASS SCHEDULE (as of 6/17/21)**

Mondays

Mindful Movement for Persistent Pain
12:00 pm

Online through
The Learning Center at Red Willow

Neck-Free Exercise Class
6:00 pm

Online

Tuesdays

Smart Running
8:00 – 9:15 am

Charlo studio

Mindful Movement
10:00 - 11:00 am

Online or in Charlo studio

Wednesdays

Spring in Your Step! (was Moving Through Winter) Online
10:00 – 10:50 am

Thursdays

Elasticity at Any Age
12:00 – 1:00 pm

Online or in Missoula studio

Tango with Balance and Ease (All levels)
7:30 pm

Missoula yurt

Saturdays

Spring in Your Step! (was Moving Through Winter) Online
10:30 – 11:20 pm

Mari Hodges, TPS, M.AmSAT

(406) 544-4625

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www.discoverease.how

www.facebook.com/AlexanderTechnique.MariHodges

DiscoverEase in Movement studio: 56146 Logan Rd., Charlo, MT 59824

Missoula studio: 210 Higgins Ave., Suite 207, Missoula, MT 59802

Class prices

Red Willow Mindful Movement \$40 for 4 classes. Sliding scale available.

DiscoverEase in Movement group classes: Drop-in \$15
4-week package \$50
5-week package \$62

Discount rate for multiple classes: 4-week package \$39
5-week package \$38

Discount rate for Spring in Your Step: 4 classes \$39
8 classes \$60

DiscoverEase in Movement membership

4 weeks \$98
5 weeks \$118

Includes 2 group classes/week and 1 private session

Private sessions online and Charlo Single class \$40, 4-class package \$150,
6-class package \$220

Private sessions in Missoula \$60
Take a 25% new location opening discount through August!

Private and semi-private at home/business/clinic Inquire

All times are US MDT except where indicated. Sliding fees available. Contact me to find out about discounts and barter.

Sign up at <https://my-site-109208-104020.square.site/>

Sign up for Red Willow classes at <https://www.redwillowlearning.org>

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