



DISCOVEREASE IN MOVEMENT WITH ALEXANDER TECHNIQUE FEBRUARY-MARCH 2023 CLASS SCHEDULE (as of 1/23/2023)

All times are US MDT.

Mondays

Red Willow Mindful Movement Online 12:00 – 1:00 pm	Register at The Learning Center at Red Willow
Neck-free Exercise Online TBA	

Tuesdays

Mindful Movement Online 10:00 – 10:50 am	4 weeks in February, 4 weeks in March
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Wednesdays

Spring in Your Step! Dance Online 10:00 – 10:50 am	4 weeks in February, 4 weeks in March No class March 1
Ageless Movements (Lifelong Learning Center) 1:30 – 2:30 pm	Register at The Lifelong Learning Center Starts March 8
Making Sense of Pain – free online seminar Feb. 15, 6:00 – 7:00 pm	Register at The Learning Center at Red Willow
Movement as Medicine – free online seminar Feb. 15, 6:00 – 7:00 pm	Register at The Learning Center at Red Willow

Thursdays

Elasticity at Any Age Online 12:00 – 12:50 pm	4 weeks in February, 4 weeks in March No class March 2
Spring in Your Step (Lifelong Learning Center) 1:30 – 2:30 pm	Register at The Lifelong Learning Center Starts March 2

Saturdays

Spring in Your Step! Dance Online 10:00 – 10:50 am	4 weeks in February, 4 weeks in March
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Private sessions online or in person (Charlo, Missoula or your home/business/clinic)

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

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

Sign up for Lifelong Learning Center classes at <https://missoulaclass.com/>

Class prices as of June 2022

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

DiscoverEase in Movement group classes: Drop-in \$15
1 class/week \$12.50 per class

Discount rate (5+ classes/month): \$10 per class

Discount rate for Spring in Your Step: \$10/class or \$60 for 8 classes

DiscoverEase in Movement memberships
(Does not include Red Willow or Lifelong Learning Center classes)

Single private monthly membership:
One 45-min. one-on-one online Alexander Technique coaching session + 10% discount on group classes

Full monthly membership:
Weekly one-on-one online Alexander Technique coaching sessions (45-min.) + 20% discount on group classes

Private sessions online and Charlo Single class \$60, 4-class package \$160

Private sessions in Missoula \$60, 4-class package \$200, 6-class package \$270

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

Sliding fees and “pay what’s right for you” options available. Contact me to find out more.

Mari Hodges, TPS, M.AmSAT, M.AAPTA

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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