



Feldenkrais® Awareness Through Movement®

## Moving with Ease and Grace

Cultivate ease, coordination, and fluidity in everyday movement

**Fridays at 4:30 PM**

10 consecutive weeks

No experience necessary

Gentle, awareness-based movement

Suitable for all ages and abilities

Floor-based and chair-friendly

Advance registration required

Series enrollment only

Pricing and details available at:

[youness.com/feldenkrais](http://youness.com/feldenkrais)

With Nissa Lee

Guild Certified Feldenkrais Practitioner