



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:
youuness.com/feldenkrais

With Nissa Lee

Guild Certified Feldenkrais Practitioner