



## Virtual Class - FELDENKRAIS® Floor

The Feldenkrais Method is a gentle system of sensory motor re-education. Participants report increased mobility, improved flexibility, coordination and balance, and a decrease in pain throughout their body.

Potential benefits include reduced stress and anxiety as you experience new and unusual sequences of movements that will help you gain not only a deeper sense of yourself but a richer connection between your brain and your body.

**Virtual Location:**

**ZOOM**

Meeting code: 335 359 3277

Pass code: 602006

**Floor Lessons:**

**Tuesdays 4 - 5 p.m.**

January 12, 19, 26

February 2, 9, 16, 23

March 2

**Cost:**

FREE

To join **ZOOM.com** is also FREE

**Contact:**

For more information, please contact  
Monica Brown at [etbrowne@aol.com](mailto:etbrowne@aol.com)

**This class is sponsored by  
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