



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.
March 9, 16, 23, 30
April 6, 13, 20, 27

Cost: FREE
To join ZOOM.com is also FREE

Contact: For more information, please contact
Monica Brown at etbrowne@aol.com

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