



FELDENKRAIS METHOD®

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.

- Location:** Herndon Senior Center
873 Grace Street, Herndon, Va 20170
Phone: 703-464-6200
- Floor Lessons:** Tuesdays 4 p.m. - 5 p.m.
January 7, 14, 21, 28
- Cost:** Free for members (membership \$ 48/year)
\$12 for non members (for a series of 4 lessons)

*Registration for **new** students opens on December 10,
and for **returning** students on December 15.*

We need a minimum of 8 and can take a maximum of 15 participants.

**This class is sponsored by the Herndon Senior Center Council
and by a generous grant from The Closet.**