



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.

September 3, 10, 17, 24

October 1, 8, 15, 22

Cost:

Free for members (membership \$ 48/year)

\$25 for non members (for a series of 8 lessons)

This class is sponsored by the Herndon Senior Center Council and by a generous grant from the Griffin Owens Insurance Group.