



FELDENKRAIS METHOD®

with Monica Browne

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, MARCH 6, 13,20,27
TIME: 3:30 PM – 4:30 PM
COST: FREE FOR MEMBERS (MEMBERSHIP \$ 48/YEAR)
\$10 FOR NON MEMBERS (FOR A SERIES OF 4 LESSONS)**

**CHAIR LESSONS: WEDNESDAYS, 10:00 AM – 11:00 AM
(MEMBERS ONLY/\$10 PER SEMESTER)**