



## 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.**

March 3, 10, 17, 24, 31

April 7, 14 & **Friday, April 17**

**Cost:**

Free for members (membership \$ 48/year)

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

*Register NOW as this class fills up fast!*

*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 Nelson J. and Katherine Friant Post Foundation.**