



## 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, FEB. 12, 9, 26, MAR. 5, 12, 19, 26 & APRIL 2  
TIME: 4:00 PM – 5:00 PM  
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.**