



Virtual Class - FELDENKRAIS® Floor

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.

Virtual Location:

ZOOM

Meeting code: 335 359 3277

Pass code: 602006

Floor Lessons:

Tuesdays 4 - 5 p.m.

October 13, 20, 27

November 3, 10, 17, 24

December 8

Cost:

FREE

To join **ZOOM.com** is also FREE

Contact:

For more information, please contact
Monica Brown at etbrowne@aol.com

**This class is sponsored by the Herndon Senior Center Council
for Herndon Senior Center members**