



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. October 29 November 5, 12, 19, 26 December 3, 10, 17
Cost:	Free for members (membership \$ 48/year) \$25 for non members (for a series of 8 lessons)

*Registration for new students opens on October 15, and for returning students on October 22.
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 The Closet.**