



The Feldenkrais Method® is a form of somatic education that uses gentle movement and directed attention to increase awareness and improve overall functioning. It works by accessing the plasticity of the brain through sensing and feeling how you move, particularly the skeleton in relation to space and gravity and the affects of that. Attending to yourself in this manner allows you to identify habitual movement patterns, which can be limiting; and to discover other ways to move, often more efficiently. Ultimately this leads to easy, balanced, powerful and pleasurable movement.

WHAT IS IT? Informational & Demo Class

Thursday, November 12, 1:30 - 2:30pm

Thursday, December 17, 1:30 - 2:30pm

Community Class - No Set Fee, Donations Accepted



Elaine Alexander, GCFP
912-223-7049
elaine.alexander@ymail.com
www.feldenkrais.com