

Friday, April 3, 2015

## Embodied Freedom in Art & Dance: Spring Feldenkrais Workshop

Company: The Feldenkrais Foundation  
Venue: The Feldenkrais Institute of NY  
Location: New York, NY

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Pre-Registration \$35 Day of Workshop \$45

"Years as a ballet dancer have taught me that the restrictions imposed by form can actually enhance our spontaneity and freedom. Good dancers demonstrate this, and I believe the "dance of life" requires it!" ~ Barbara Forbes

Feldenkrais is an artist's dream come true: a relaxing combination of attention and small movements which improve the way your brain and body are organized. Habitual patterns melt away, new options appear, and better art is possible! Join us for this workshop with distinguished guest teacher Barbara Forbes. [More information here.](#)

The Feldenkrais Foundation  
134 West 26th Street 2nd Floor  
New York, NY, 10001  
212-727-1014  
<http://feldenkraissfoundation.org/programs/workshops/>

Schedule  
April 3, 2015: 6:30pm

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