

## FOR AUDIENCES

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April 2 - June 25, 2020

### Feldenkrais

Company: Autosomatica  
Location: Brooklyn, NY

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Autosomatica

ONLINE Awareness Through Movement Lessons  
via ZOOM

Awareness Through Movement (ATM) lessons are group oriented and verbally-led. Through gentle sequences of movement over 45 minutes, students learn to release old habits and adopt new options for effortless living. Students explore lessons at a pace that suits them and take ownership over the learning process. Participants will build keen attention, robust internal landscapes and an overall sense of wellbeing. We encourage our classes to do as much or as little as they like, never pushing toward external achievement. People of all backgrounds are welcome, no prior movement experience is necessary. The Feldenkrais Method is a form of body awareness education used to optimize resilience, mobility and comfort.

For more information about Autosomatica, please visit <https://www.autosomatica.com/>

How to join: RSVP: <https://autosomatica.setmore.com>

Fee: Donation based

Pay to: Venmo @autosomatica

Autosomatica  
online, via ZOOM  
Brooklyn, NY, 11207  
<https://autosomatica.setmore.com>

Schedule  
April 2, 2020: 1:30pm  
April 9, 2020: 1:30pm  
April 16, 2020: 1:30pm  
April 23, 2020: 1:30pm  
April 30, 2020: 1:30pm  
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