

March 7 - April 4, 2013

Feldenkrais Method at Triskelion Arts!

Company: Feldenkrais Method

Venue: Triskelion Arts

Location: Brooklyn, NY

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This is a 5-week introduction to the Feldenkrais Method. Each lesson will focus on a fundamental action, such as breathing, spinal movement, or weight shifting. Lessons draw from developmental movement patterns. Sliding scale, \$5-20/class. www.triskelionarts.org. Drop ins welcome.

Feldenkrais Method
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[http://joanna.nobbe@gmail.com](mailto:joanna.nobbe@gmail.com)

Schedule
March 7, 2013: 8:00pm
March 14, 2013: 8:00pm
March 21, 2013: 8:00pm
March 28, 2013: 8:00pm
April 4, 2013: 8:00pm

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