

January 21 - June 24, 2015

Feldenkrais® with Jimena Paz

Company: Movement Research
Venue: Gibney Dance Center
Location: New York, NY

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The Feldenkrais Method® studies the works of our nervous system and our ability to recognize and create movement patterns that are both more efficient and more pleasant. The method emphasizes awareness, distribution of effort/action through the whole self, expanding self-perception and our ability to carry out our intentions. This class is ideal for dancers and people from different backgrounds interested in discovering more about their physicality in a pain-free way and enjoying a larger sense of well-being.

Movement Research
280 Broadway
New York, NY, 10007
\$14

Schedule
January 23, 2015: 8:00pm

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