

September, 2-30, 2015

## Feldenkrais® with Tasha Taylor

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  
September 1, 2015: 8:00pm

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