

November 7 - December 19, 2018

## Feldenkrais®

Company: Movement Research  
Location: New York, NY

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### [Feldenkrais®](#)

November 7 - December 19

WED 12:30-2pm

MR@Gibney 280 Broadway

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.

[Check out our calendar to stay up to date on class, workshops, and more](#)

Movement Research  
280 Broadway (Enter at 53A Chambers Street)  
New York, NY, 10007  
2125980551

Schedule  
November 7, 2018: 12:30pm  
November 14, 2018: 12:30pm  
November 21, 2018: 12:30pm  
November 28, 2018: 12:30pm  
December 5, 2018: 12:30pm  
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