Wednesday, September 11, 2019 - Wednesday, February 26, 2020

Feldenkrais

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

Daim Lee

FELDENKRAIS®

WED 12:30-2PM

Gibney Dance at 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.

Accessibility: Please contact Julienne Rencher, juliennerencher@movementresearch.org or (212) 598-0551 (voice only) for access requests or questions.

***All classes are subject to change. For the most up-to-date information, please consult the Movement Research Calendar:* https://movementresearch.org/calendar.

Movement Research
280 Broadway
New York, NY, 10007

Schedule
September 11, 2019: 12:30pm
September 18, 2019: 12:30pm
September 25, 2019: 12:30pm
October 2, 2019: 12:30pm
October 9, 2019: 12:30pm
more