

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

## Feldenkrais

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

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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 Julianne Rencher, [juliennerencher@movementresearch.org](mailto: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  
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