

October 10 - December 26, 2017

Feldenkrais Method w/ Rebecca Davis

Company: Mark Morris Dance Center
Venue: Mark Morris Dance Center
Location: Brooklyn, NY

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In this Awareness Through Movement® class, students learn a direct and effective means for healing pain, while also improving posture, flexibility and coordination. Classes are non-competitive and students move according to their own comfort level and progress at their own rate. The emphasis is on sensory learning. The lessons are of benefit to everyone wishing to move with greater comfort and ease.

Excellent for adult students of any age and ability.

Tuesdays 6:30 - 7:30pm

Instructor: [Rebecca Davis](#)

Mark Morris Dance Center
3 Lafayette Avenue
Brooklyn, NY, 11217
718.624.8400
http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Feldenkrais-Method?utm_source=dancenyc&utm_medium=website

Schedule
October 10, 2017: 6:30pm
October 17, 2017: 6:30pm
October 24, 2017: 6:30pm
October 31, 2017: 6:30pm
November 7, 2017: 6:30pm
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