

October 3 - December 19, 2014

Feldenkrais Method[®] with Jimena Paz

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

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Experience the Feldenkrais Method[®] through a series of Feldenkrais Awareness Through Movement[®] classes. 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.

NO CLASS November 28

Movement Research
280 Broadway
New York, NY, 10007
<http://movementresearch.org/classesworkshops/classdescriptions/#cw1083>

Schedule
September 18, 2014: 8:00pm

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