

## OUR NEW YORK CITY DANCE

January 21 - June 24, 2015

## Feldenkrais® with Jimena Paz

Company: Movement Research Venue: Gibney Dance Center Location: New York, NY ► <u>Share | Print | Download</u>

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.

Movement Research 280 Broadway New York, NY, 10007 \$14 Schedule January 23, 2015: 8:00pm

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