Learning to move with less effort makes daily life easier. Because the Feldenkrais Method focuses on the relationship between movement and thought, increased mental awareness and creativity accompany physical improvements. Everyone can benefit from Awareness Through Movement.

Feldenkrais®
Awareness Through Movement®

Floor Class - Mondays, 10am - 11am
Chair Class - Wednesdays, 10am - 11am

INSTRUCTOR:
JANE NEILSON

Fee per Class:
$5.00 El Cerrito Resident
$6.00 Non-resident

Website:
www.el-cerrito.org