



Midtown Activity Center
10940 San Pablo Avenue
El Cerrito, CA 94530
Tel. (510) 559-7677

INSTRUCTOR:

JANE NEILSON

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

Website:
www.el-cerrito.org



Feldenkrais®

Awareness Through Movement®

Floor Class - Mondays, 10am - 11am

Chair Class - Wednesdays, 10am - 11am



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.**