

SPRING FELDENKRAIS WORKSHOPS



What is a Feldenkrais Workshop?

Lessons consist of comfortable easy movements gradually evolving into movements of greater range and complexity, allowing you to move with elegance and freedom. Eliminates pain and revives flexibility.

Renew · Refresh · Revitalize

AGES 16 AND UP
EVERYONE FROM ATHLETES AND ARTISTS TO ADMINISTRATORS AND ATTORNEYS CAN BENEFIT FROM THE FELDENKRAIS METHOD

Bring a towel or mat and wear comfortable clothing to move in.

Pre-register online! Visit visceraldance.com and click on the Webscheduler link found on the homepage or call 773.772.1771 for more information

SUNDAYS 12:30-2:30PM

JANUARY 8

NOW MY LOWER BACK FEELS GREAT©

FEBRUARY 5

NOW MY KNEES FEEL GREAT©

MARCH 4

NOW MY HAMSTRINGS FEEL GREAT©

APRIL 1

NOW MY NECK FEELS GREAT©

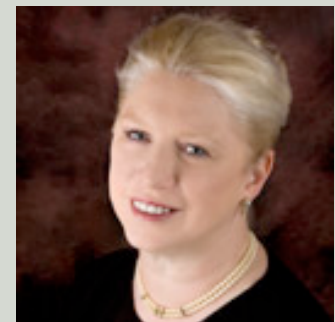
MAY 6

NOW MY FEET FEEL GREAT©

JUNE 3

NOW MY BALANCE FEELS GREAT©

COST: \$25/WORKSHOP



**Taught by
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GCFP SSS**