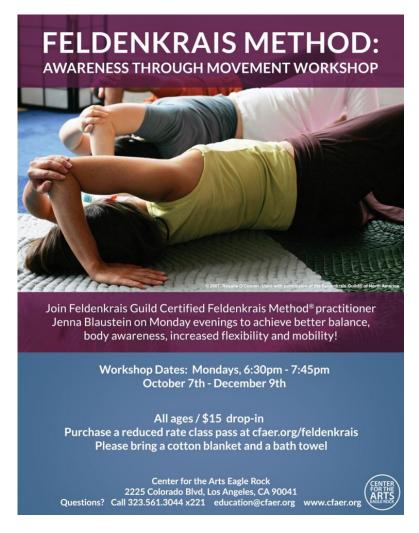
CONTRIBUTED FAMILY FRIENDLY FOR KIDS FOR TEENS SENIORS **ALL AGES**

Feldenkrais Method: Awareness Through Movement Workshop

- (1) Monday, October 14th, 2019 @ 6:30 pm 7:45 pm
- Center for the Arts Eagle Rock
- \$108 9 Class Pass 84 6 Class Pass 15 drop in



Center for the Arts Eagle Rock

Join Guild Certified Feldenkrais Method® practitioner, Jenna Blaustein, on Monday evenings for Awareness Through Movement. This class will use gentle movement sequences to increase your self-awareness and bring greater ease of movement.

The Feldenkrais Method® utilizes your curiosity and innate ability to learn, in a series of gentle movement sequences. This weekly class may help you discover new ways to increase your range of motion and improve flexibility. It is used by actors, artists, athletes, and musicians as well as those with persistent pain, arthritis, and autoimmune diseases. Open to people of all ages and abilities!

When: Mondays, 6:30 - 7:45pm

October 7 - December 9th, 2019

Where: Center for the Arts Eagle Rock

2225 Colorado Blvd.

Los Angeles, CA 90041

All ages

Cost:

\$108 9 Class Pass

\$84 6 Class Pass

\$15 drop in

□ Upcoming dates

- Mon, Oct 14 @ 6:30 pm
- Mon, Oct 21 @ 6:30 pm
- Mon, Oct 28 @ 6:30 pm
- Mon, Nov 4 @ 6:30 pm
- Mon, Nov 11 @ 6:30 pm
- Mon, Nov 18 @ 6:30 pm
- Mon, Nov 25 @ 6:30 pm

More ∨

♣ Download schedule

Schedules

Starting Monday, October 7th, 2019, repeats every week on Monday until Monday, December 09, 2019 @ 6:30 pm - 7:45 pm



Center for the Arts Eagle Rock

2225 Colorado Blvd Los Angeles, CA 900411142



Center for the Arts Eagle Rock

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■ education@cfaer.org

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