

CONTRIBUTED

FAMILY FRIENDLY

FOR KIDS

FOR TEENS

SENIORS

ALL AGES

Feldenkrais Method: Awareness Through Movement Workshop

🕒 **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**

🔗 <http://cfaer.org/workshops/feldenkrais/>



FELDENKRAIS METHOD:
AWARENESS THROUGH MOVEMENT WORKSHOP

Join Feldenkrais Guild Certified Feldenkrais Method® practitioner Jenna Blaustein on Monday evenings to achieve better balance, body awareness, increased flexibility and mobility!

Workshop Dates: Mondays, 6:30pm - 7:45pm
October 7th - December 9th

All ages / \$15 drop-in
Purchase a reduced rate class pass at cfaer.org/feldenkrais
Please bring a cotton blanket and a bath towel

Center for the Arts Eagle Rock
2225 Colorado Blvd, Los Angeles, CA 90041
Questions? Call 323.561.3044 x221 education@cfaer.org www.cfaer.org



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


Venue


Center for the Arts Eagle Rock

2225 Colorado Blvd
Los Angeles, CA 900411142

Contact

Center for the Arts Eagle Rock

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