

Feldenkrais Awareness Day

Sunday 18th September 2011

A FREE DAY of movement classes, individual sessions and talks

presented by **Feldenkrais Ireland.**

The Feldenkrais Method is a groundbreaking form of somatic education that can help people of all ages and abilities to improve posture, flexibility and ease of movement. Feldenkrais lessons use gentle movements and guided awareness to create new possibilities and effectively alter limiting ways of moving, thinking and feeling.

TIME: 11am - 6pm

VENUE: Oscailt, 8 Pembroke Road, Dublin 4.

(Free Parking, Near Lansdowne Rd. DART).

CONTACT: Email: Info@feldenkrais.ie

or call Mark: 086 165 9422 / Anne: 086 8141702

***FREE CLASSES RUNNING ALL DAY
DROP BY ANY TIME***

FREE ADMISSION

SCHEDULE:

Classes:

Free taster classes will run on the hour, from 11am – 6pm.

(Last class starts at 5pm).

Please bring comfortable clothes, and a blanket to lie on.

Individual Sessions:

A limited number of free individual sessions will be available throughout the day. Please drop by to book a slot on the day (first-come, first-served).