

Please Note:
Class Changes!

Feldenkrais Class Schedule

Awareness Through Movement®
Exercises

The powerful do-it-yourself aspect of the Feldenkrais Method®

Drop-ins: \$25 • **6 Classes:** \$125 • **12 Classes:** \$225 • **Members:** All classes are **FREE**

If you are new to the *Feldenkrais Method*, we recommend the Basics Class.

If you are in acute pain, we recommend Individual Sessions and the Moving Out of Pain class.

Mats are provided. Your second class is **FREE!**

Monday	12:30 pm	Open Class	with Marek Wyszynski
	5:30 pm	Open Class	with Joshua Wolk
Tuesday	12:30 pm	Basics Class	with Lauren Wolk
	3:00 pm	Community Class	with Nancy Gayle Judson
	5:30 pm	Open Class	with Richard Newton
Wednesday	12:30 pm	Open Class	with Mark Hirschfield
	5:15 pm	Basics Class	with Mark Hirschfield
Thursday	11:00 am	Yoga/Feldenkrais	with Suzanne Ausnit
	12:30 pm	Open Class	with Mark Hirschfield
	5:15 pm	Open Class	with Suzanne Ausnit
	6:30 pm	Basics Class	with Joshua Wolk
Friday	10:30 am	Basics Class	with Nancy Gayle Judson
	12:30 pm	Open Class	with Janin Gunderman
Saturday	12:30 pm	Open Class	with Joshua Wolk
	1:45 pm	Basics Class	with Janin Gunderman
	3:00 pm	Moving Out of Pain	with Joshua Wolk
	5:30 pm	Community Class	with Janin Gunderman



Feldenkrais®
INSTITUTE

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