

CHANGES
EVERY
MONTH

POP-UP CLASSES

Thursday, 5/9 at 10:45 AM

Feldenkrais® with Margot

- ◆ **Manage** ANXIETY and PAIN
- ◆ **Improve** POSTURE, BALANCE and COORDINATION
- ◆ **Increase** GRACE and EFFICIENCY
- ◆ **Enhance** SPORTS PERFORMANCE
- ◆ **Relieve** REPETITIVE STRESS INJURY
- ◆ **Recover** from and prevent INJURY / SURGERY



Learn more by
[clicking here](#) or scanning 



SCAN ME