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| Ongoing Mondays @ 6pm & WEDNESDAY @ 11Am. please check website for any schedule modificationsFor the JOY of What You LOVE! Awareness through movement classesBased on the Feldenkrais Method. Be able to do what you want better and easier, with less strain…more gain! Get back on top of your game!Join us for gentle, yet challenging movement explorations designed to help you move, feel, and perform optimally in whatever activities you do. Bring a mat to lie on, and 1-2 towels for propping. $15 for drop in class or 6 class package for $60   | Increase flexibility and strength, with ease and without increased pain!────Improve balance and posture effectively!────Feel more confident and fluid in your sport, hobby, or craft! Awakening Movements Feldenkrais and Physical therapy3121 Rochester RdRoyal Oak, MI 48073 Inside of the Life Learining Center. Parking and enterance are in back…watch step down when entering!248-321-0358AwakeningMovements.com |