

Move easier Feel better

Mindful and gentle **Awareness Through Movement** classes for all ages and abilities

A playful exploration to...

- Relieve tension, chronic pain and injury
- Boost co-ordination and flexibility
- Increase everyday vitality, self-awareness and well-being
- Improve performance in sport, music, dance or drama

Feldenkrais Method with Bruno Furci

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Dress comfortably, bring a yoga mat if you have one



£7 per lesson
Every 6th lesson
FREE

Discover more



about Feldenkrais

Fearon Hall
Community Centre

The urban
village hall
in the heart
of Loughborough

fearonhall.org.uk    @fearonhall

Wednesdays 6.30pm-7.30pm
Fearon Hall Community Centre

Rectory Road, Loughborough LE11 1PL