



IMPROVING YOUR BALANCE

TUESDAYS, SEPTEMBER 16 - OCTOBER 28 - Nick
(7 WEEKS) • 9:30 - 10:30 AM

\$120 • \$80 MEMBER VALUE PRICE

THURSDAYS, SEPTEMBER 18 - OCTOBER 30 - Beth
(4 WEEKS) *no class 9/25, 10/9, 10/16* • 5:45 - 6:45 PM

\$75 • \$50 MEMBER VALUE PRICE

(MEMBERS TAKE \$10 OFF IF YOU REGISTER BEFORE SEPTEMBER 8)

Each scientifically-designed lesson enhances your self-awareness and movement abilities, adding more pleasure, confidence and biomechanical efficiency to all you do.

To register, go to stpauljcc.org or call the Front Desk at 651-698-0751.

For more information about *Feldenkrais* visit twincitiesfeldenkrais.com or contact Nick Strauss-Klein at nick@twincitiesfeldenkrais.com or 612-412-8060.

Jewish Community Center
of the Greater St. Paul Area
Martin and Esther Capp Building
1375 St. Paul Ave. St. Paul, MN 55116
651-698-0751 • stpauljcc.org

