



473 Hudson Street, Oakland 94618
www.danspace.com info@danspace.com
510-420-0929

Feldenkrais ATM Workshop with Mary Armentrout

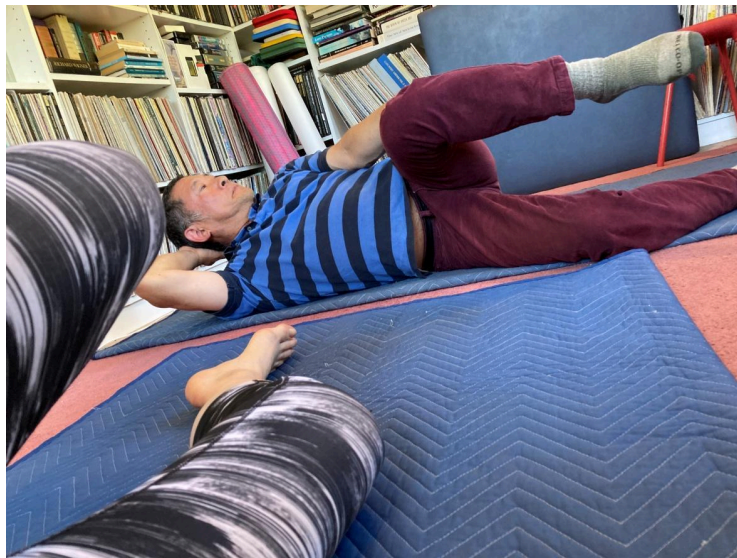
Tuesday, May 27 - Thursday, May 29, 2025

Feldenkrais ATM 6:00-7:00pm

Gentle advanced beginning ballet class 7:15-8:30pm

Full workshop (Feld + ballet, all 3 days): \$120

Feldenkrais only: \$60



Feldenkrais is a somatic practice, exploring awareness through movement.

The Feldenkrais Method is a movement laboratory where we explore gentle movements + breath + embodied awareness. This simple formula is what creates the almost magical effects that Feldenkrais work is known for: pain reduction, holistic healing, neuroplastic resiliency, and the return of movement ease and flow. Come enjoy movement again!