

Health &  
Wellness

Minnesota JCC  
Capp Center St. Paul

# Feldenkrais® Workshop Balance Myths, Facts, and Practice



**TUESDAY, JULY 5 • 6:30–9 PM**  
**CAPP CENTER AUDITORIUM**

**\$40 • \$35 MEMBER VALUE PRICE**

In this workshop, Nick will share practical tips and tools, dispel common misunderstandings, highlight principles of physics and learning you can sense and practice on your own, and lead the class in lessons designed to clarify and improve sensitivity, suppleness, and coordination – the building blocks of healthy balance.

Feldenkrais newcomers are welcome. The only prerequisite is an ability to lie on a mat for some of the time, and get back up again safely. **Please bring two towels (one to put on top of your mat, and the other to fold for head support as needed), and water.**

*Nick Strauss-Klein, Guild Certified Feldenkrais Practitioner, has studied and taught Feldenkrais for 20+ years in Israel, New York, and Minnesota, and has led classes and workshops at premier health clubs and fitness centers in Manhattan and the Twin Cities. His work has been featured nationally in Experience Life Magazine.*

**Register at [minnesotajcc.org](https://minnesotajcc.org)**

For questions or more information, contact Jordan Heikens Holman  
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