

When you know what you are doing,
you can do what you want.
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WORKSHOP

wat

recharge – reset
rediscover your senses

waar

Bautersemstraat 36
in Den Haag
Energiekwartier

wanneer

zondagochtenden
10 – 13 uur
6 oktober 2024
13 oktober 2024

This Feldenkrais method
is a new trend in the area of
mindful movement.

You will learn to
minimise your effort
while maximising
freedom and ease in
your movement.

Prijzen

65 € voor twee
workshops
40 € voor één

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www.feldenkraiscentrumdenhaag.nl