

Keeping Sharp - Feldenkrais with Charlotte



Join this weekly fun exercise class for older people.

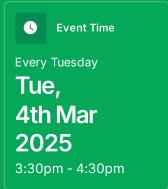
About This Event

Gentle, mindful movements that aids greater body awareness while reducing discomfort and stiffness to make everyday activities easier. The Feldenkrais method offers transformative benefits for older adults. It empowers you to age gracefully and stay active

Classes are free for all. If you would like to contribute, there is a suggested donation of £3 per class to support MRS Independent Living.

Accessibility Information

Please contact services@mrsindependentliving.org / 0330 380 1013 for further information regarding accessibility.



Event Price

Free

% Event Location

Marie Lloyd Centre 329-331 Queensbridge Road, London E8 3LA

