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Awareness Through Movement® lessons are part of the Feldenkrais Method of Somatic Education®. They are easy, non-critical, movement practices designed to help

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Feldenkrais ® group classes are known as Awareness Through Movement ® (ATM ®) lessons. Similar to Tai Chi or gentle yoga, Awareness Through Movement classes use slow, mindful movements to achieve powerful effects in terms of strength, flexibility, and holistic integration of body and mind.

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