

Coming Home

An Exploration of the Inner and Outer Spaces You Occupy

How do you inhabit your body? Which areas do you feel more at home in? Are there rooms that you never enter? Where do you move from? Come gather ideas about how to live fully in the home of your body.

When: Mondays 6:15 - 7:15
October 18 - November 29
Cost: \$15 drop in
Where: Church of Truth
111 Superior Street



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Fall *Feldenkrais*® Classes



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