

FELDENKRAIS® COURSE PROGRAM
FALL/WINTER 2026

Awareness through Movement

This course is for anyone who wants to move with greater ease and improve their well-being in everyday life. Through gentle, mindful Feldenkrais® lessons, you will explore new ways of moving, refine your posture, and experience more comfort in standing, sitting, and walking.

BLOCK 1: STANDING & WALKING WITH GREATER EASE.

Explore how mobile feet and good body organization contribute to better balance, stability, and a more effortless gait.

BLOCK 2: A FREER HEAD. A FREER NECK.

Discover how awareness of head and neck movement can improve your body awareness and quality of life.

WHEN

Block 1: September 12 until October 17, 2026

Block 2: October 31 until December 5, 2026

Every Saturday from 11:00 am until 12:00 am

WHERE

Culture Centre "We Need Books"
7 Evias St, Kypseli, 113 62 Athens

PRICING

Package 5 lessons: € 50

Drop-in lesson: € 12

Registration

+30 6978 77 67 81, bletsasannegret@gmail.com

www.annegret-bletsas.com



with
Feldenkrais®
practitioner
Annegret

