

Rosen Movement with Heather Brown  
Fridays, 1-2 PM  
80 East 11<sup>th</sup> Street (at Bway), Rm 516

Here's what Heather has to say about the class – and I can only agree!

This class is fun and made for everyone – young and old, stiff and loose, the rhythmic and the rhythmically challenged, those who are energetic and the shy couch potato, the long-time movers, and people who would never dream of going to a movement class. Did I leave anyone out?

The reason to come is to spend an hour moving in a way that lets your body feel at ease during the whole class and for the rest of the week. That way, all the movements you make in your daily life become more pleasurable and full-bodied.

So, what do we do? There's music of all sorts that will surprise and delight. We make simple movements while standing in a circle or with partners or lying on the floor. We gently move all the parts of our body in ways that feel good and that let the breathing relax along with the muscles.