

# Free your **MOVEMENTS** and your **MIND** with Feldenkrais

**Gentle and pleasurable movements that aim to:**

- Improve posture, balance, breathing, co-ordination and flexibility
- Reduce pain and stiffness
- Increase calm, decrease tension
- Use your brain's intelligence to re-train your movements

**Bring your curiosity to fascinating weekly lessons  
to get you moving and thinking better**

**Tue 26 Feb – 9 April 2019 – 10.30–11.30am – 6 weeks no class 2/4**

**@ Pointe Pilates Studio, 1/96 Aerodrome Rd Maroochydore**

**Sat 2 Mar – 13 Apr 2019 – 9.30–10.30am – 6 weeks no class 30/3**

**@ Kaizen, 47 Sixth Ave (Catalina Resort), Maroochydore**

**Please note: New starters welcome Week 1 of each Term.**

## **What is the Feldenkrais Method<sup>®</sup>?**

- Learning better ways to move - whole body movement, more efficient use of your skeleton rather than overworking muscles.
- Developing body awareness - through small and gentle movements you become aware of HOW you are currently moving – your habits which can be contributing to your discomfort. Suitable for all ages and abilities.

**COST:** \$20 per class – casual, \$15 per class with a prepaid term pass

Limited space – BOOKINGS ESSENTIAL

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*For individual hands-on sessions or for more information contact:*



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