

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 16 July – 20 August 2019 – 10.30–11.30am – 6 weeks

@ Zest for Life Wellness, 2/96 Aerodrome Rd Maroochydore

Sat 20 July – 24 August 2019 – 9.30–10.30am – 6 weeks

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

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

What is the Feldenkrais Method[®]?

- 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

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



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 **Feldenkrais**
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