

# 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 3 Sept – 8 Oct 2019 – 10.30–11.30am – 6 weeks

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

Sat 7 Sept – 19 Oct 2019 – 9.30–10.30am – 6 weeks \*

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

Please note: New starters welcome Week 1 of each Term. \*NO CLASS Sat 12 Oct

## 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:



Phone **0429 323 931**

located at Cotton Tree

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 **Feldenkrais**  
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