

*Back by popular demand*

# FREE your vision FREE your body

A workshop about comfort  
using *The Feldenkrais Method*®



During this inspirational afternoon presented by Robyn Lavery and Lesley McLennan, you will learn:

- To recognise when your breathing and posture is tense, your eyes will also be tense and your vision strained
- To use your eyes more effectively, with less effort and discover how your whole body's co-ordination can improve
- To do easy movements at home that support you to optimise and organise your whole self, and relax and improve your vision

**Sunday 22 May 2016 12.30-4.30pm (registration 12.15pm)**  
at Yoga in Daily Life 1<sup>st</sup> Floor, 80 Sixth Ave Maroochydore

**\$59** pre-paid by Friday 13 May  
**\$99 for 2** pre-paid by Friday 13 May *Bring a friend!*  
**\$69** bookings received from Saturday 14 May  
**\$49** Repeating this workshop? Special price pre-paid by Fri 13 May

**BOOKINGS ESSENTIAL – limited places**

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 **Feldenkrais**  
METHOD