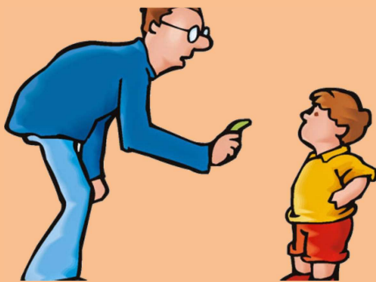


Easy Moves for Better Posture

Sound Familiar?

- “Stand up straight”
- “Shoulders back”
- “Tummy in”

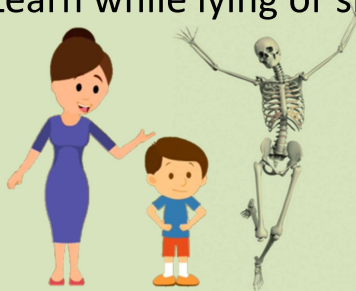


The Problem:

Painful
Excess muscle effort
Hard to remember
Tiring to maintain

New options:

- Dynamic posture
- Easy breathing
- Whole body movement
- Learn while lying or sitting



The Solution:

Effortless
Supported by skeleton
New comfortable habits
Improved self image

Learn to improve your posture so you feel better and look better using The Feldenkrais Method®

WHEN: Sunday 4 October 2020, 10am – 1pm (registration 9.30am)

WHERE: Yoga in Daily Life, 1st Floor, 80 Sixth Ave, Maroochydore

Bookings essential (limited places for social distancing) – email or msg for payment details

\$60 for one person (Early bird \$55 – book & pay by Wed 30 September)

Why not bring a friend? - \$100 for two people

Great value for a 3 hour workshop including light refreshments!

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 **Feldenkrais**
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