

# 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**

Classes @ Mystic Universe, 2/39 Aerodrome Rd Maroochydore  
*(behind Som Tam restaurant – entry in Fifth Ave opposite Sizzlers)*

- Sat 26 Sept – 31 Oct 2020 – 9.30–10.30am – 6 weeks
- Tue 29 Sept – 3 Nov 2020 – 10–11am – 6 weeks

*(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:** \$21 per class – casual, \$16 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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 **Feldenkrais**  
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