

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 7 Nov – 12 Dec 2020 – 9.30–10.30am – 6 weeks
- Tue 10 Nov – 15 Dec 2020 – 10–11am – 5 weeks **

Please note: **No class Tue 8 Dec

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: \$21 per class – casual, \$16 per class with a prepaid pass

Limited space – BOOKINGS ESSENTIAL

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



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 **Feldenkrais**
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