

# 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 twice weekly lessons to get you moving and thinking better**

Classes in Maroochydore – Tue at 2pm and Sat at 9.30am.  
Check my website or phone for further details.

## 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 pass

Limited space – BOOKINGS ESSENTIAL.

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



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