

Discover Smart Sitting

Sitting for 8-12 hours a day? And then finding you're in pain in your back, neck or shoulders?

Come and learn to sit smarter!

Sunday 27 August 2017

12.30 – 4.30pm (registration 12pm)

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



The Feldenkrais Method® can help you to

- understand how you are sitting now
- identify causes of your sitting problems
- find your own best sitting posture
- stay looking better, feeling better

Bookings essential (limited places)

\$69 for one person
\$125 for two people
\$79 for one person

includes light refreshments

Robyn Lavery 0429 323 931
feldenkrais@robynlavery.com.au

<https://www.trybooking.com/RGHB>

pre-paid by Fri 18 Aug
pre-paid by Fri 18 Aug *Bring a friend!*
bookings received from Sat 19 Aug

Jane Shamrock
jane_dili@yahoo.com.au