

Try-it-out Workshop

The Feldenkrais Method can:

- Help you learn to move with ease and efficiency
- Improve your posture and breathing
- Decrease pain, increase flexibility and balance

We will explore:

*Feldenkrais and mindfulness

"I feel I've had a grease and oil change!"

"I feel taller and more stable on my feet"

*Feldenkrais and sport

"So gentle and relaxing"

"My golf swing has improved"

Saturday 30 May 2015 - 1-4pm (registration 12.30pm)

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

\$50 pre-paid before 21 May

\$80 for two people, pre-paid before 21 May. *Bring a friend!*

\$60 from 21 May

BOOKINGS ESSENTIAL – limited numbers

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