

'DISCOVER FELDENKRAIS' WEEK

Free workshop
Maroochydore
with
Robyn Lavery
Certified Feldenkrais Practitioner
of Cotton Tree



I invite you to come and experience Feldenkrais with *2 free group classes.*
(We call these “Awareness Through Movement” classes.)

WHEN? Saturday May 30th, 9.30 am to 11.30 am.

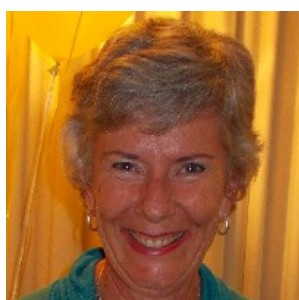
WHERE? Uniting Church Hall (G/Maps=“Simply Church”) 6 Millwell Rd, Maroochydore.

All ages and bodies are welcome. No previous experience required.
A light refreshment break will be provided.



What is the Feldenkrais Method™?

- Movement
- Posture
- Balance
- Breathing
- Flexibility
- Pain reduction
- Calming
- Body awareness
- Gentle movements



Bookings are essential.
Please text, ring or email:
0429 323931
or feldenkrais@robynlavery.com.au

