



**Creating
Ease
from head
to toe**

Feldenkrais Classes at the Abbotsford Convent

a 7 week series

Our body has the potential to move in a beautifully coordinated and balanced way, all elements working together as a well-organised system. This capacity is often interrupted due to injury, unnecessary tension and stress, or simply poor movement habits.

In these lessons you will learn how attention to sensation can help transform what seems difficult into easy, beautifully integrated movement.

Tapping into the nervous system's capacity for learning, unconscious patterns of tension are released and the body's natural balance is restored.

In order to recognize small changes in effort, the effort itself must first be reduced.

More delicate and improved control of movement is possible only through the increase of sensitivity, through a greater ability to sense differences.

- Moshe Feldenkrais, PhD

Friday lunchtime

1st February to 15th March, 12.00 – 1.00pm

One Heart Yoga Studio, 1st Floor, main Convent building

mindfulbody

Abbotsford Convent, 1 St Heliers Street, Abbotsford.

Cost: 7 Classes \$140 Full/\$125 Concession | Single Class \$25

Bookings via email: jbroome7@optusnet.com.au | www.mindful-body.com.au

Phone: 0407 749 404