

FELDENKRAIS

Awareness Through Movement

Lessons

Learn how to make your movement, posture and breathing freer, stronger and more balanced; through an ingenious yet simple process that very quickly takes you into a deep state of calm which helps you to sense what you are doing.

You will be fully engaged as you explore your actions and re-program your brain to choose more efficient options for moving. You will learn how to reduce the strain on over-used areas and begin to include more of yourself in your actions.

Feel the changes immediately.

Each **Awareness Through Movement** class is different, and guides you to access your inner intelligence towards creating new pathways to explore and enhance your experience of yourself in movement.

“ The aim is a body that is organised to move with minimum effort and maximum efficiency, not through muscular strength but increased consciousness of how it works.”

M. Feldenkrais

Moshe Feldenkrais developed a process to access the planning areas of our brains so that we can learn to change the way we move, sense, think and feel.

“ There is nothing permanent about our behaviour patterns except our belief that they are so. ”

Movements are gentle and pleasurable and suitable for all ages and abilities. You will be guided through a planned sequence of movement explorations, mostly performed lying on the floor in a relaxed and calm atmosphere.

Evening Classes

Monday evenings – 7pm to 8pm

July 31st

August 7th, 14th, 21th, 28th

September 4th, 11th, 18th.

Morning Classes

Tuesday mornings –10am to 11am

August 1st, 8th, 15th, 22nd, 28th (MONDAY).

September 5th, 12th, 19th.

Venue

Church Hall of **St Michael and all Angels**

George St (corner James St)

NORTH BEACH

These classes will be conducted by experienced **Feldenkrais Practitioner and Physiotherapist Linda Hardey**, with over 20/30 years experience.

*Please note that enrolment is for the full series unless prior arrangement has been agreed upon.

Pro rata attendance is available after 3 full series have been attended.

Bring: 2 large towels, and a mat or blanket to lie on.

Wear: Loose warm comfortable clothing.

Cost: \$200 for the series of 8 classes.

Enquiries: **Linda Hardey**

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