



## Feldenkrais Classes at the Abbotsford Convent

an 8 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 or illness, stress, muscular tension, 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.

Using gentle movements and directed attention, you will activate the nervous system's capacity for learning, releasing unconscious patterns of tension and restoring the body's natural balance.

*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**

**19th July to 6th September 2019 - 12.00pm to 1.00pm**

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

**mindfulbody**

Abbotsford Convent, 1 St Heliers Street, Abbotsford.

**Cost: 8 Classes \$160 Full/\$140 Concession | Single Class \$25**

**Bookings via email: [jbroome7@optusnet.com.au](mailto:jbroome7@optusnet.com.au) | [www.mindful-body.com.au](http://www.mindful-body.com.au)**

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