



Finding Ease in Your Shoulders, Neck & Jaw

Feldenkrais Classes at the Abbotsford Convent

a 10 week series

Movements of the head, neck, jaw and shoulder girdle are closely interrelated. For many people, neck and shoulder pain or tension is a familiar problem, sometimes with added TMJ issues. Tension & pain may be related to anxiety, stress or to poor posture and movement habits, including spending lots of time in front of our screens and devices.

The good news is we can change how we feel and move. Feldenkrais lessons re-awaken our body's potential to move in a well-coordinated and balanced way.

This series will focus on freeing neck and shoulders and assist you to discover greater overall ease and mobility through learning to move in more skilful ways.

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

- Moshe Feldenkrais, PhD

Fridays: 12.30 – 1.30pm

9th February - 27th April

6 weeks - 9 Feb to 23 March (excl. 16th March)

4 weeks - 6th to 27th April

\$200 Full

\$175 Concession

\$25 Single Class

mindfulbody

Abbotsford Convent, 1 St Heliers Street, Abbotsford.

One Heart Yoga Studio, 1st Floor

Bookings: Contact Julia Broome

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