



Moving and Sensing

Feldenkrais Classes at the Abbotsford Convent

an 8 week series

The Feldenkrais Method offers a unique way to connect with our innate capacity for development and growth, uncover our untapped potential and become more able.

In this series we will explore a variety of movement sequences slowly and gently, sensing our present experience and letting go of effort, thus deepening our sense of ourselves as moving, sensing, thinking and feeling beings.

This process evokes greater awareness of our movement and ourselves, enabling us to change previously unconscious habits, creating a sense of ease and grace.

“Action is something that does not exist by itself. There is no action without feeling, without sensing, without thinking.

Therefore improved actions will improve our life.”

“The Master Moves” – Moshe Feldenkrais

Friday lunchtime 12.30 – 1.30pm

20th July to 7th September

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: jbroomer7@optusnet.com.au | www.mindful-body.com.au

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