



Moving with Awareness

Feldenkrais Classes at the Abbotsford Convent

an 8 week series

Feldenkrais lessons offer a unique way to improve how we move and function. A sense of ease and fluidity develops through attending in various ways to slow and precise movement sequences. These positive changes reflect our nervous system's amazing capacity to adapt and reorganize itself: neuroplasticity.

In this series we will continue to explore the role of attention and awareness in releasing unhelpful tension & habits through a variety of engaging lessons.

"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

As well as discovering pleasure and ease in moving, extra delight is experienced in re-awakening a more integrated and whole sense of self.

Fridays: 12.30 – 1.30pm
6th October - 1st December
(no class 3rd November)

\$160 Full
\$140 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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