



Enhancing self-image: moving & sensing

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, unnecessary tension and stress, 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.

Tapping into the nervous system's capacity for learning, unconscious patterns of tension are released and the body's natural balance is restored.

"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."

"To become conscious of our body's spatial orientation is to come to know ourselves in depth and in clarity. In this way, we take charge again of our personal evolution."

- Moshe Feldenkrais

Tuesdays

18th February to 7th April 2020 - 1.30pm to 2.30pm

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

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