

Ease and Clarity

Feldenkrais and Meditation Workshops

Four Saturday workshops in 2019

Using simple mindfulness meditation and gentle movement, these workshops will aim to develop an experience of ease and clarity that you can carry into everyday life.

We will use Feldenkrais movement explorations to enhance self-awareness, interrupt unhelpful & unconscious patterns and tension, and enable greater ease in meditation.

Meditation brings more clarity to Feldenkrais movements – these approaches complement and enhance each other beautifully.

Facilitated by Julia Broome, a physiotherapist and Feldenkrais practitioner who has practised meditation in the Buddhist tradition for over 40 years and has studied and taught therapeutic approaches to meditation, using Mindfulness-Based Stillness Meditation.

Dates: 16 February 2019

11 May 2019

10 August 2019

19 October 2019

Time: 9:30am to 4:30pm

One Heart Yoga Studio, 1st Floor, Convent Building
1 St Heliers Street, Abbotsford, Vic

Cost: \$85 (concession available)

Registration & enquiries:

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In order to change our mode of action, we must change the image of ourselves that we carry within us. - Moshe Feldenkrais