

EFFORTLESS POSTURE

PUBLIC FELDENKRAIS WORKSHOP

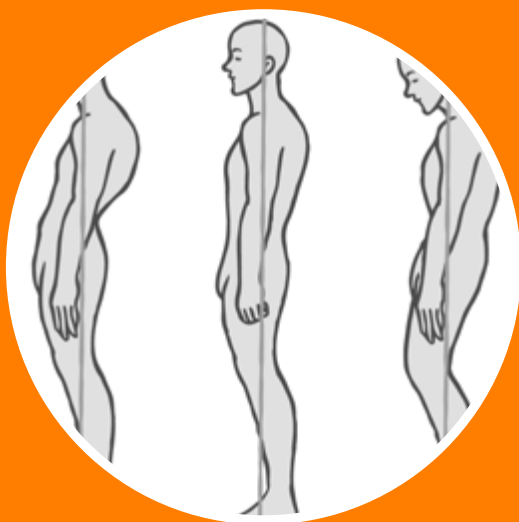


Image designed by Freepk

ABOUT THE WORKSHOP

From a young age, many of us have been told to stand and sit up straight. Has this worked well for you? Is your posture good? or bad? What is correct?

Come and discover a lighter and easier way to align and support your spine. Explore a way of being comfortable upright without tense, tight muscles or interfering with your breathing.

SAT 4 NOVEMBER 2017

2 – 5 PM (Sign-in from 1.30 PM)

Royal Park Hall, 180 Charles Street
(cnr Vincent Street), West Perth

Note: Car park entry on Charles St heading south

COST \$50 per person (incl. afternoon tea)

DON'T MISS OUT!

- Places are limited to 24 participants
- Suitable for beginners & those with previous Feldenkrais experience, & can be modified if you have pain/discomfort

FOR INFORMATION OR TO BOOK:

- Email: wa.div@feldenkrais.org.au
- Phone/text Jenny: 0448 446 253 or 1800 001 550



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ABOUT JODIE KRANTZ

Jodie is a qualified Physiotherapist, Feldenkrais Practitioner, and Clinical Pilates Instructor. She has over 25 years' experience in assisting people to relieve chronic pain. Jodie welcomes the challenges of unravelling difficult or complex pain issues. She believes that movement re-education, exercise and a health lifestyle are essential to the recovery process.



ABOUT JUDITH PUGH

Judith is a registered nurse and a recently-qualified Feldenkrais Practitioner. She has personally used the Feldenkrais Method for more than a decade to successfully manage a long-standing back injury from nursing. She is passionate about helping others with back problems and musculoskeletal trouble transform their habitual patterns of movement in order to make everyday activities easier.

WHAT TO WEAR & BRING:

Wear clothing that lets you move freely, Leggings or similar are recommended. Bring 2-3 towels (to fold into a firm headrest) and a yoga or exercise mat. BYO water bottle.

PREREQUISITES:

Being able to safely get down to lie on a mat on the floor, and back up again.

CONDITIONS:

Preference for available places is in order of enquiry. Full payment is required to guarantee your place. Cancellation after Mon 30th Oct may incur a \$25 fee unless your place can be filled.

TO PAY:

Direct internet bank transfer:

Westpac BSB: 036 069

Account name: AFG WA Division

Account number: 234993

PLEASE INCLUDE FULL NAME WITH PAYMENT.

Direct bank deposit in person:

PLEASE INCLUDE PHONE NUMBER AS ID.

Cheque: Payable to AFG WA Division

Post to: GPO Box 3031

Broadway

NEDLANDS WA 6009

Please inform Jenny (Secretary AFG WA Div)

Email: wa.div@feldenkrais.org.au | or

Phone/text 0448 446 253 when paid

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