

Feldenkrais Classes

- AWARENESS THROUGH MOVEMENT -

LEARN TO MOVE WITH EASE AND GRACE

The Feldenkrais Method is a sophisticated form
of body - centred learning.

It uses gentle movements performed with awareness to stimulate the brain to reorganise and improve the functioning of the whole human system resulting in a more efficient and pleasurable use of the body.

Benefits include:

improved posture and balance

mental and physical relaxation

reduction of chronic pain

enhanced mental functioning

Classes are suitable for people of all ages
and all degrees of ability and flexibility.

KILDARA CENTRE

Rear 39 Stanhope Street

MALVERN

Tuesdays 12:30 to 1:30pm 8 Oct – 3 Dec
(excluding 5, 12 & 26 Nov)

Fridays 12.30 to 1.30p 11 Oct – 29 Nov
(excluding 25 Oct)

Suggested Donation \$10 per session
all props and mats are supplied!

Contact: 9509 7906, kildara@netspace.net.au
to book a place

STANLEY LITHCO comes to us from Kilbride Centre in Albert Park where he has been teaching gentle yoga for many years.