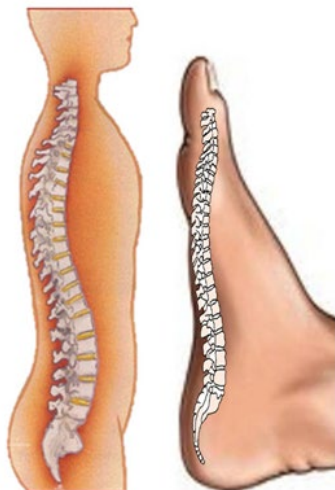


Care for your back Workshop



**Curves of the spine mirror
the curves of the foot**

***A self-care workshop with
Reflexology and
Awareness Through Movement***

***Sat 31 August 1-3:30pm
Katoomba, \$50***

Learn reflexology self-treatment tools for your back, hips, pelvis and neck. Reflexology is an holistic, non-invasive modality that complements other therapies and modern medicine. It involves application of pressure and soothing techniques to areas of the feet and hands. It stimulates circulation, eases tension, tightness and tenderness in these areas, clearing blockages, having an highly beneficial effect upon the whole body.

Experience a gentle guided Awareness Through Movement class to help free your back. Based on the Feldenkrais Method, a movement-based learning system designed to improve posture, movement and comfort in your body.

Anna has a diploma in Reflexology with over 15 years' experience. She is an authorised Qigong teacher and Awareness Through Movement (Feldenkrais Method) teacher.

Bookings essential as limited numbers

Contact Anna on 0408 155 031

anahart71@yahoo.com.au

<http://steptowardshealth2.ntpages.com.au>

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