

Changing Pace - in movement and life



Online starting Monday 10th May

Most of us have a preferred rhythm which comes to the fore when we are on holidays or enjoying a day with few demands. However, what happens to your internal rhythm and coordination when you are faced with challenges? Are you able to change your rhythm and coordination to meet the situation? Do you rush, make mistakes, feel stressed?

This four week series starts the process of you discovering your preferred rhythm and how this assists you in finding coordinated movement. As the series progresses you will explore how you can change your rhythm and maintain coordination in response to greater demands such as; moving quickly or when trying to achieve your goal.

When: Four consecutive Mondays commencing at 7.30pm AEST May10th

Where: Online

Teacher: Ruth Frommer is a Feldenkrais Assistant Trainer and Aikido Instructor. Ruth lives in Melbourne Australia where she has a busy Feldenkrais practice consisting of individual sessions, classes, workshops and working at Professional Feldenkrais Training Programs. Ruth also teaches Aikido at her Aikido school.

Bookings:

You can book your place by clicking here: <https://www.trybooking.com/BPGYF>

Contact: Ruth Frommer healthhorizons1@gmail.com