

Looking After Your Creaky Knees

A Feldenkrais Workshop with Dr Joanna de Burgh

This is a day workshop for everyone who wants to maximise their mobility and confidence while learning skills to avoid pain and injury.

Learn to

- balance the knee muscles
- engage patterns of support
- avoid straining the ligaments
- protect the cartilages
- enhance and maintain balance
- maximise nutrition for the muscles and joints

Date and time Saturday 18th May, 10am- 4pm

Venue South Hobart Living Arts Centre hall, 12 Weld St, South Hobart

Bring A yoga mat (some will be available), 2 towels for supports.

Cost \$90. Early bird pre-paid \$85. Bring a friend \$80 each.

If you like to, look at **Feldenkrais.org.au**. There is lots of information.

Enquiries and enrolment and further information

contact Joanna 0437 468 064 or email joannadeburgh@gmail.com



"Of course your knees hurt, it's all that darn jumping up and down!"