



Neck & Shoulders

Fluid & Free

Saturday 4 May 2019

1-4.30pm

With **Ralph Hadden** CFP

Gentle, intriguing and pleasant movement exercises for the neck, shoulders, head and whole body. Learn how to replace stiffness, restriction and pain with smoothness, grace and freedom- safely and enjoyably.

- Deeply relaxing Feldenkrais lessons
- Re-program the brain's control of neck posture
- Learn the 7-directions-in-one-minute neck exercise for ongoing self-care
- Learn a simple, safe, delicious Feldy massage for your family, friends, clients

Format: Gentle self-movement activities done sitting or lying on the floor. 80% movement, 20% info, discussion

Who for? Suit beginners and continuing students, all levels of ability/inability. All ages, sizes, shapes.

CAE, 253 Flinders Lane, Melbourne

\$80, early bird \$65 before 18 April

themovingmindcentre.com

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