



Design by Duvet Days

The Sacred Vessel

Saturday 14 September 2019, 1-4:30pm

With **Ralph Hadden** 

Enhance and enliven your work, play, yoga, dance, lovemaking

Feldenkrais movement lessons to open and release the pelvis, your centre of power, creativity and pleasure.

- Mobilize and empower pelvis, hip joints, pelvic floor, back, core and whole self
 - Safe, gentle and intriguing explorations
- Develop smooth, free pelvic movements, strengthen and mobilize pelvic floor, release hip joints, enhance coordination of the spine, core, pelvis, hips and legs
 - Understand functional anatomy of the pelvis

Format: Mainly gentle self-movement done sitting or lying on the floor. Brief discussions.

Who for? Adults of all ages, size, shape, identity and orientation. All levels of flexibility, inflexibility. Beginners and continuing students.

One Heart Yoga

Abbotsford Convent, St Helier's Street

\$80, early bird \$65 before 19 August

themovingmindcentre.com

0425 742 048