

Hello everyone,

It's that time of the month again.

This will be our last lesson for quite an unusual year, one which despite the circumstances has seen FIG branch out into other states, regions and countries.

To close 2020, one of our long standing FIG supporters, [Holly Huon](#) has generously contributed her time and energy to organise a talk with [Jo Kennedy](#). Together they will take us on an experiential journey into a collaboration entitled "Crossings". Between the two of them, their rich backgrounds and interests in bringing forth the human potential, next Tuesday promises to be a very interesting conversation .. please join us.

Attached you will see their flyer. If you'd like to forward it on to any friends, family or social media sites please do.

The link will be sent out next Monday in preparation for the same schedule, a talk at 7pm and the class with Holly at 8pm as she assists us in reaching for what we want with a spiral twist.

See you Tuesday :)

Dawn, Libby and Dale.

Feldenkrais Interest **Group *FIG***

Stay in tune with our online activities, *click here* --> [FIG.NEWS](#)

3rd Tuesday of each month February-November

Call Dale with your questions **0405 776 169**