

Walking for Wellbeing



A Feldenkrais workshop by Lisa Campbell and Ruth Frommer

Get 2020 off to a good start by walking “well” towards your goals. Would you like to walk to health and fitness, or along a foreshore path, on the streets of Barcelona, around the golf course, or just to the local café? Most of us take walking for granted; we do it automatically until, for some reason, we experience difficulty, discomfort or are unable to achieve what we want. The more efficiently and comfortably you walk, the more you can enjoy and expand all your walking activities, stay physically fit and experience wellbeing.

In this workshop Lisa Campbell and Ruth Frommer will combine Feldenkrais Awareness Through Movement lessons with user-friendly ideas and practical strategies to facilitate you to:

- **Discover how to walk mindfully**
- **Maximise your ability to walk well with less effort and greater ease**
- **Explore the link between walking and how you feel**
- **Reduce the risk of injury and pain due to poor walking habits**

Teachers:

Lisa Campbell (physiotherapist) and **Ruth Frommer** (occupational therapist) are both highly experienced Feldenkrais Teachers, have busy Feldenkrais practices and work in Feldenkrais Professional Training Programs. They also share a love for walking.

When: Sunday 1st March 10.00 am to 4.30 pm

Where: Hampton Bowls Club

Cost: \$120 Early Bird \$100 by 10th February 2020

Bookings and Payment :

Click here to book and pay for your place <https://www.trybooking.com/BHVVQ> or contact:

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