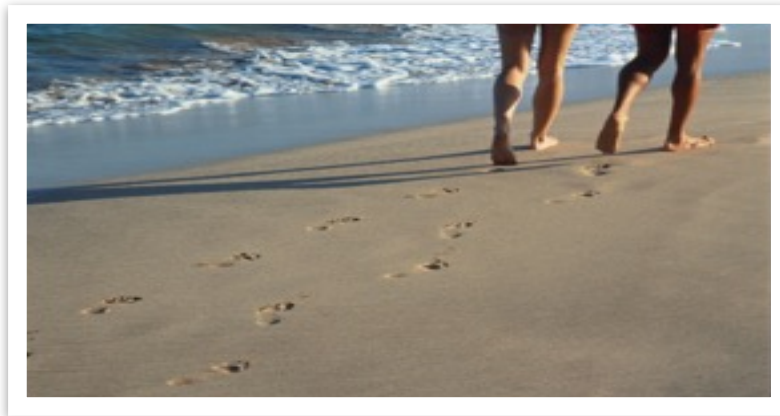


Walking for fun and fitness



A Feldenkrais® workshop by Lisa Campbell and Ruth Frommer

Walking, for most of us, is a vital part of our lives - for fun, fitness and independence. Whether strolling on the beach, power walking around the park, or doing your shopping, the action of walking is usually automatic until, for some reason, we experience difficulty or discomfort.

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

- Understand your individual walking pattern
- Improve your walking style
- Enjoy walking with less effort and more ease

Teachers:

Lisa Campbell (Physiotherapist) and Ruth Frommer (Occupational Therapist) are highly experienced Feldenkrais Teachers. Both have busy Feldenkrais practices and work in Feldenkrais Professional Training programs.

When: Sunday 7th April, 1.30 pm – 5.30 pm

Where: Southern Yoga School, 24 Station St, Moorabbin

Cost: \$85 **Early bird \$70** til 25th March

To book your place contact:

Lisa Campbell – 0409 598 000 lisa@baysidefeldenkrais.com.au

Ruth Frommer – 0449 767 057 healthhorizons1@gmail.com