

Zoom fatigue got you down?



Join us for our **Zoom Posture Fundamentals** and learn to sit and Zoom pain free and easy.

Our workshop is an essential addition for anyone involved in implementing Zoom and video meeting formats into their workplace or home. We take you through effective posture, workstation set up, recognising and managing personal fatigue, and we deliver plenty of tips on how to avoid stress at your desk including some mini Awareness Through Movement lessons.

Workshop Format

Conducted via Zoom, the session will start in a group setting where we will run through the principles of sitting postures and ergonomics, voice, eye movement & breathing.

We'll then move to individual breakout sessions where we will assess you sitting in your home environment, giving practical tips for improvement.

Instructors

Margaret Kaye

Carol Clayton Vincent

Joel Murray

Sarah Taylor

Date

Tuesday, 4th August 3:30pm - 5:30pm

Duration

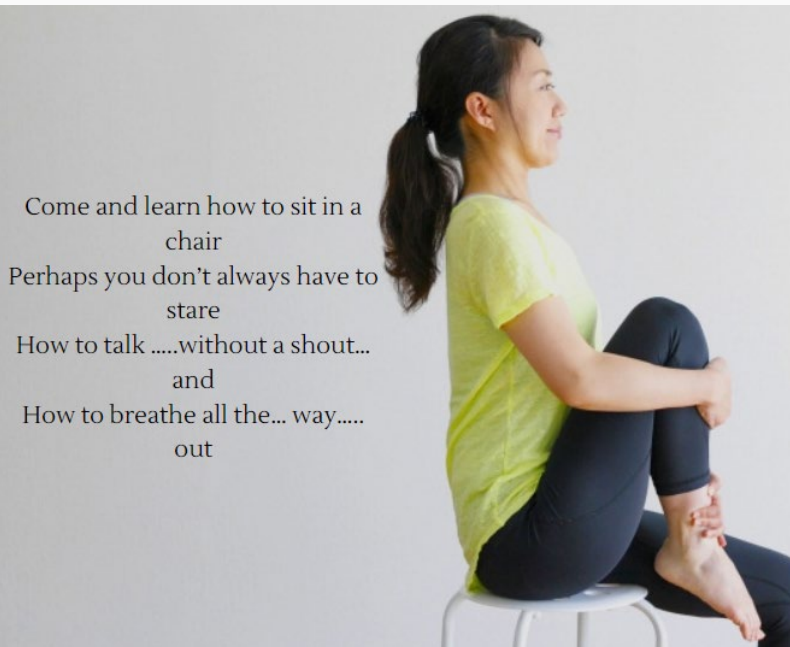
2hrs

Cost

\$60

Bookings - limited numbers so be quick!

[Book Now](#)



Come and learn how to sit in a
chair
Perhaps you don't always have to
stare
How to talkwithout a shout...
and
How to breathe all the... way.....
out



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