

# Feldenkrais Experience Christchurch

1-2 February  
2020



The Feldenkrais Method® uses slow, precise movements to re-program your nervous system

Remedy the poor postural habits of injury, misuse or time, and discover or re-discover greater ease and possibilities of movement

**In this workshop, five experienced Feldenkrais teachers will collaborate to take you through a series of innovative movement lessons**

These explorations are pleasurable, build in sequence or can be used as one off lessons

change your **movement**  
change your **life**



**Feldenkrais**  
METHOD

# Feldenkrais Experience

## Where?

### **The Haven**

19 Church Square, Addington, Christchurch

## When?

### **Saturday 1 to Sunday 2 February 2020**

Either or both days: 9:30am to 4:30pm

## What?

Not only the floor classes but also a chance to see demos and find out more about Feldenkrais Method® individual sessions – and meet like-minded people

## Who?

All ages, anyone who wants to learn greater ease, balance, control, power, for everyday activities or for sports, dance, music, martial arts, music...

## Daily Fee

\$45 rego by 20 Dec 2019 (super earlybird)

\$55 rego by 17 Jan 2020 (earlybird)

\$65 late registration

## Bring

An open mind and a willingness to learn

Wear loose, comfortable clothing

Morning and afternoon teas provided

BYO Lunch, or visit local cafes or supermarket

## So...

Contact Bev for more details or to register:

**admin@feldenkrais-training.nz**

**021 293 6740**

Event organised by Feldenkrais® Aotearoa NZ

**www.feldenkrais-training.nz**