



Four one-to-one **Feldenkrais** classes that will show you how to achieve a graceful, balanced walk and find relief from stress and posture related pain.

walking

It's often the simple things that make the biggest difference.

Consider a good walk in nature.

Walking is a brilliant form of exercise and, if your whole body is involved, it can be a deeply pleasurable experience.

Most people don't consider the way they walk unless it hurts. Yet there is so much to notice and so much to gain. Walking is an extremely effective way to improve posture, and iron out stress related aches and pains.

The Feldenkrais Method was discovered by a man named Moshe Feldenkrais who suffered from an old knee injury. Through exploring the way he moved he was able to solve his problem.

Walking if done inefficiently is often a stress point for sore knees or aching backs. Learning to walk well can often remove the problem.

Refining the way you walk can make a big difference to many aspects of life. Your walk is a good metaphor for how you move through life.

Are you balanced? Do your feet listen to the ground you walk on or do they pound it like two blocks of wood? Do you use more effort than you need to? Do you pay attention to where you are or is your attention corralled by your worries?

You may be surprised by the influence improving the way you walk can actually have. These classes will make a difference.

David Hall 0404 625 326

www.bodylogic.net.au