

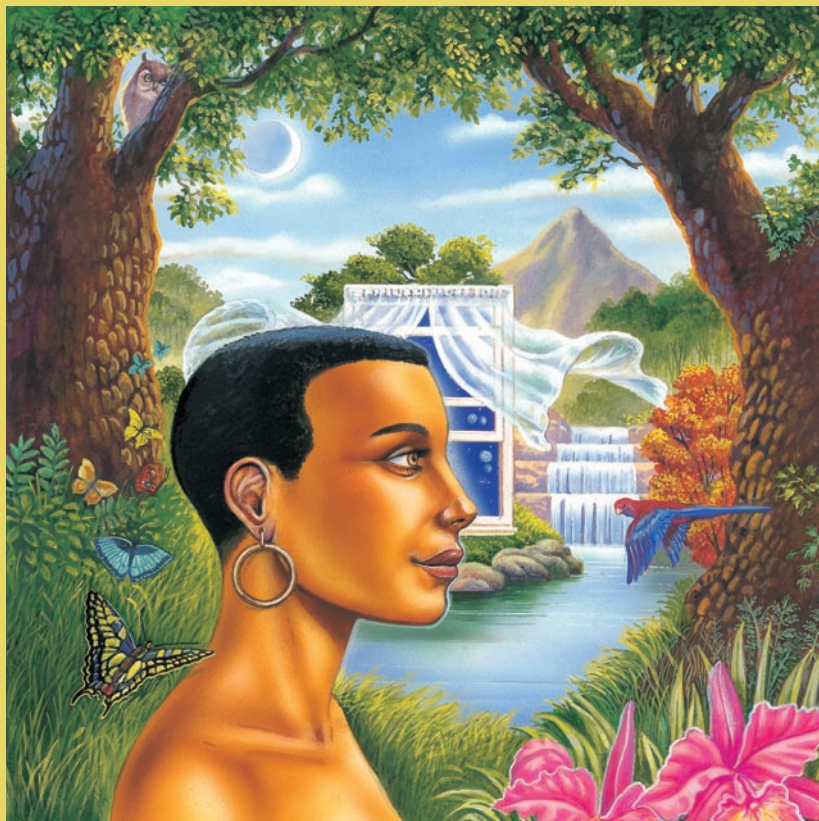
The Heavenly Gait

& OTHER EARTHLY PLEASURES



A one day workshop exploring

The Feldenkrais Method & Alexander Technique



Harness your innate ability to sense and balance your Self. Relieve stress, tension & long-term aches & pains. Improve vitality, posture & co-ordination. In the process experience the bliss of self awareness. This day will give you the tools to continue exploring the work in depth.

Sat. 21st of October 9.30-4.30 Sancta Sophia College
8 Missenden Rd Camperdown \$150 For info & bookings

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