

Changeable Brains - Mindful Moves

- For less pain, greater ease & more comfortable movement
- Find ways to reduce back pain and neck strain,
- Improve the comfort of your movements - give added value to your daily exercise routines
- Use movement as a way to bring mindfulness to everyday life

You are invited to join thousands of people around the world who have discovered the benefits of a changeable brain and more mindful movements. As featured in New York Times best selling book by Norman Doidge "The Brain's Way of Healing".

- Learn how to release tight muscles easily with out stretching and pulling. Unwind the stress.
- Awareness is a specific thing. We use movement to direct that awareness.
- "the body heals with play, the mind heals with laughter, the spirit heals with joy"



AWARENESS THROUGH MOVEMENT® THE FELDENKRAIS METHOD®

SATURDAY 9:30AM - 12:00PM
SOUTHPORT COMMUNITY CENTRE -
6 LAWSON ST. SOUTHPORT

MAY 23RD, MAY 30TH,
JUNE 6TH

SUNDAY 9:30AM - 12:00PM
VENUE TO BE CONFIRMED

MAY 24TH, MAY 31ST
JUNE 7TH

BOOKINGS - EMAIL OR PHONE NUMBER BELOW