



# **FREE your vision FREE your body**

**a workshop about comfort**



**using *The Feldenkrais Method*®**

**During this inspirational day shared by Robyn Lavery and DonnaRose McAneney, you will learn:**

- To recognise when your breathing and posture is tense, your eyes will also be tense and your vision strained
- To use your eyes more effectively, with less effort and discover how your whole body's co-ordination can improve
- To do easy movements at home that support you to optimise and organise your whole self, and relax and improve your vision

**Sunday 10 April 2016      12.30-4.30pm (registration 12.15pm)**  
at Yoga in Daily Life      1<sup>st</sup> Floor, 80 Sixth Ave Maroochydore

**\$59**

**\$99** for two

**\$69**

**pre-paid by Friday 1 April**

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**bookings received from Saturday 2 April**

**BOOKINGS ESSENTIAL – limited places**

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 **Feldenkrais**  
METHOD