

MOVING TO STRENGTH WITHOUT STIFFNESS

A FELDENKRAIS PUBLIC WORKSHOP WITH MAGGIE SLATTERY

Certified Assistant Trainer



“Stiffness is never a fixed state,”

says Feldenkrais Method® teacher, Maggie Slattery, who’s coming to Sydney to teach an all-day workshop on Saturday, May 18th.

This is a rare opportunity for anyone, with or without stiffness, to answer the question: “How can I move more freely?”

Feldenkrais Method lessons explore movement efficiency in a fascinating way. “They can profoundly help people who suffer from shoulder and neck stiffness, back pain, arthritic joints, and chronic fatigue,” says Maggie.

“After a lesson, people often feel taller and lighter. They breathe more freely and find that discomforts have eased or disappeared,” she says, “and these effects are long lasting as new, efficient patterns of movement are learned.”

A highly respected teacher and presenter, Maggie works with individuals and groups, orchestras, dance companies, junior Olympic level athletes and as an Assistant Trainer in programs which train Feldenkrais practitioners.

Moshe Feldenkrais, 20th century physicist and movement education pioneer, wrote: “The aim is a body that is organized to move with minimum effort and maximum efficiency, not through muscular strength, but increased consciousness of how it works.”



Saturday 18th May

11am to 4pm - registration 10.30am

Sutherland Uniting Church, Flora Street
Car park opposite. Short walk to station.

Cost **\$60**

Bring a yoga mat and cushion to support head

Light refreshments provided



Enquiries & Bookings: Sue Anne Patterson
1800 001 550 feldenkraisnsw@gmail.com

Payment by post
L. Kennedy 2 Warringah Street,
North Balgowlah, NSW 2093
Cheques payable to **The AFG Inc.**

Payment by electronic transfer
The AFG Inc. NSW Division
BSB 032 151 Acc. No. 138 003