

Feldenkrais® Intensive Wellington

FIW 19

13-15 April 2019



Feldenkrais
METHOD

The Feldenkrais Method® uses slow, precise movements to re-program your nervous system

Remedy the poor postural habits of injury, misuse or time, and discover or re-discover greater ease and possibilities of movement

In this workshop, four experienced Feldenkrais teachers will take you through a series of twelve lessons over three days

Having these lessons in succession minimises the re-emergence of old habits and multiplies many-fold the power of the learning

Where?

Te Whaea: National Dance & Drama Centre
11 Hutchison Road, Newtown, Wellington 6021
Good parking and public transport

When?

Saturday 13 to Monday 15 April 2019
10am to 4:30pm each day

What?

Not only the 12 lessons, but a chance to find out more about the Feldenkrais Method and its benefits, and meet liked-minded people

Who?

Anyone who wants to learn to move with greater ease, balance, control and/or power, for everyday activities or for sports, dance, martial arts, music...

Cost

\$240 for the three days
\$180 for registrations by 31 March (earlybird)

Bring

An open mind and a willingness to learn
Wear loose, comfortable clothing
Morning and afternoon teas provided
Lunch, or visit local cafes or supermarket

So...

Contact Conrad for more details or to register:

team@fiw.nz
021 843 467

change your **movement**
change your **life**

Organised by the NZ Feldenkrais Guild:
www.feldenkrais.org.nz