

THE ART OF MOVEMENT

A Feldenkrais residential retreat
with Francesca White, Certified Feldenkrais Practitioner Cert. in Initiatic Art Therapy,
Certified Psychotherapist Friday –

Sunday February 11-13, 2011
at Claerwen Retreat, Apollo Bay, Victoria.

Begin the year by treating yourself to a rejuvenating week -end exploring Feldenkrais Awareness Through Movement® lessons at this beautiful and peaceful retreat with magnificent views of the ocean and the Otway forest.

The Feldenkrais Method is for anyone who wants to reconnect with their natural abilities to move, think and feel. Whether you want to be more comfortable sitting at your computer, playing with your children and grandchildren, or performing a favorite pastime, these fascinating and gentle lessons can improve your overall well being.

The Feldenkrais Method® focuses on the relationship between movement and thought, increased mental awareness and creativity that accompany physical improvements. People of any age or fitness level, from athletes and artists to administrators and attorneys, can benefit from these classes. The Feldenkrais Method® teaches—through movement—how we can improve our capabilities to function in our daily lives.

There are spaces for 14 participants. No previous experience of the Feldenkrais Method® is needed. The classes are suitable for people of all ages and levels who would like to improve freedom of movement, breathing, posture and alignment, and general well-being.

The many choices of accommodation at Claerwen is self-catering, with the option of several restaurants in the nearby township of Apollo Bay. The workshop begins on Friday evening at 8 pm March 2nd where we'll "meet and greet" and enjoy doing a lesson before bed.

Optional use of art materials are available as ways of understanding our self- organisation and expressing the changes you feel as we progress.

Cost of the workshop: \$350.00 (without accommodation).

BOOKINGS AND INFORMATION FOR THE WORKSHOP: 0421 889 812 or Email:

franwhite@optusnet.com.au

FOR ACCOMMODATION: CLAERWEN RETREAT Tel: +61 (0)3 5237 7064
www.claerwen.com.au

www.feldenkrais.com for more information on The Feldenkrais Method®