

Centre for Continuing Education

Movement for everyone: using the Feldenkrais Method

Janet Long

We will introduce you to the Feldenkrais Method of movement in order to improve aspects of physical movement like breathing, flexibility and relaxation. At the same time it can improve faculties of concentration, attention and awareness. Suitable for all ages and will provide skills for continued self-development and home practice.

NB. Please wear comfortable clothing (no dresses or skirts) and please bring an exercise mat or a blanket to each session.

Janet became a qualified Feldenkrais practitioner in 2004 after training for 4 years and 600 hours of contact. She is an active member of the Feldenkrais community in the ACT and attends the required 30 hours per year of extra training to continue being a practitioner. She has taught Feldenkrais both privately and in workplaces throughout the ACT since graduating.

DATES/TIMES: 6-7.30pm on 6 Mondays from 28 July

FEE: \$169 *no discount*

COURSE LOCATION: The venue for this course can be found on your tax invoice/receipt enclosed under "Course Information". Please allow enough time to locate your course venue on the day.

"The views expressed in this course/activity are those of the presenter and do not necessarily represent the views of The Australian National University"

The Australian National University

CRICOS Provider No. 00120C

T: 61252892

F: 61255938

E: enrolments.cce@anu.edu.au

I: www.anu.edu.au/cce