

# 5 Ways Forward

## Embodied Pathways out of Anxiety

An Advanced Training presented by Molly Tipping and brought to you online by the AFG Inc. Victorian Division

**5 Ways Forward** offers 5 essential lessons to help you support your clients find their way out of anxiety.

The **5 ways** are simple, safe and reversible, but they also intertwine and form a kind of 'kinaesthetic road map' to help you better navigate the sometimes difficult terrain we encounter in anxiety.

The **5 Ways** address what Moshe refers to as the 'indivisible' Body, Mind and Environment, and are perfect for working with clients online, in groups, or for organising and enriching your FI sessions.

Training comprised of two 2.5 hour live Zoom sessions together with 4.5 hours of pre-recorded material to watch at your leisure.

### In this workshop you will learn

- How to create a safe and reversible relationship (online and in person)
- 5 essential (and online friendly) lessons for assisting you and your clients with anxiety
- The hierarchy of the lessons and how to know which is best when
- Embodied thinking tools to help get your clients 'out of their heads'
- How to include Body, Mind and Environment to effectively address real life problems

**Where:** Online via ZOOM

**When:** Saturday October 31st and Sunday November 1st, 1:30-4pm AEST  
(Additional Pre-recorded viewing materials will be made available 10 days prior)

**Cost:** Members \$150, Non-members \$300

**Book via:** <https://www.trybooking.com/BLKTN>

**More info:** Email: [vic.div@feldenkrais.org.au](mailto:vic.div@feldenkrais.org.au)

**Molly Tipping** is a Certified Feldenkrais Practitioner® working in Perth WA. Molly runs an energetic private practice and lectures at the Western Australian Academy of Performing Arts in the Dance, Theatre, Music and Performance departments. Molly has been supporting clients with anxiety for over a decade and sees children with separation anxiety or anxiety fuelled aggression; dancers, actors and singers with performance anxiety;

clients whose injury recovery is stifled by anxiety; and, clients experiencing PTSD, OSD and self-harm. Molly is also co-author, with Brigit Cosgrove, of *Move Over Anxiety*.

