

Anxiety and the Senses

with Molly Tipping



Wednesday May 4 - 7:30 – 9:30pm

Banks Reserve, 90 Joel Tce, Mt Lawley, Perth

Monday May 16 - 7:00 – 9:00pm

AMROC, 111 Moore Street, Leichhardt, Sydney

Stress and anxiety are synonymous with living and no good life goes un-lived without intimately knowing these human experiences. Whether its a response to a frightening event or the daily shades of an emotional life we have the capacity to learn, discover and choose how we engage with this richness of feeling.

In this workshop we will explore our personal habits around stress and anxiety, discover the complex and subtle relationships between our senses and states of being, and enjoy movement explorations that calm and soothe the nervous system.

Guild Members Early bird \$25 Full price \$30

Non Guild Members Early bird \$30 Full price \$35

Bring a client or friend Early bird \$50 Full price \$60

Early bird Perth April 25 and Sydney May 5

Molly Tipping is a Feldenkrais Practitioner, Pilates Instructor and has a Bachelor of Arts in Dance. Molly has been working in the field for over 15 years and currently runs Tipping Motion, a private practice in West Perth. Molly also lectures in Alignment and Kinesiology at the West Australian Academy of Performing Arts and teaches professional development workshops for The Pilates Method Association (APMA) and The Royal Academy of Dance (RAD). Molly is the co-producer of Move Over Anxiety, a Feldenkrais audio program currently on sale in Australia and The United States.

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Payments can be made at tippingmotion.com.au or via direct deposit
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