

# Move Over Anxiety



**SATURDAY 26th NOVEMBER 2016**  
Margaret River Physiotherapy

**Move Over Anxiety**  
**Understand your personal anxiety pattern**  
**10:30 – 12:30 noon**

In this workshop we will explore our physical habits around stress and anxiety, discover the complex and subtle relationships between our posture and mood, and explore movements that calm the nervous system. Suitable for adults and teenagers.

**Illuminating Anxiety**  
**A parent and child workshop**  
**2:30- 4pm**

Join a small group of child and parent (or other close caregiver) couples in an engaging and collaborative workshop that allows each couple to understand their responses to stress and anxiety with compassionate and creative activities, mini movement meditations and gentle touch-based activity.

**Move Over Anxiety** - \$50 early bird, \$60 full price  
**Illuminating Anxiety** - \$70 per couple early bird, \$80 full price  
**Early bird Friday 11th November**



**Molly Tipping** is a Certified Feldenkrais Practitioner, Pilates Instructor and has a Bachelor of Arts in Dance. Molly runs a private practice in West Perth where she sees children and adults for anxiety, chronic pain and injury recovery. She also lectures at the West Australian Academy of Performing Arts (Dance) and teaches for The Pilates Method Association (APMA) and The Royal Academy of Dance (RAD).

**Brigit Cosgrove** is a Certified Feldenkrais Practitioner and has a Master's degree in Community Environmental Psychology. Having retrained in Feldenkrais due to chronic illness, she now runs a private practice in North Perth, where people have come for anxiety, back and neck pain, better posture, and musculo-neurological issues. She is also the owner of online shop Feldenkrais WA ([www.feldenkraiswa.com.au](http://www.feldenkraiswa.com.au)).



Contact Molly for more information on 0400 366 559 or [tippingmotion@iinet.net.au](mailto:tippingmotion@iinet.net.au)  
**Bookings at <http://www.margaretriverphysio.com> under products**  
Purchase the Move Over Anxiety CD set or MP3 download at [feldenkraiswa.com.au](http://feldenkraiswa.com.au)