

The Biology (and physiology) of Anxiety

A 6-week mindful movement and enlightening education intensive



Wednesdays May 16 – June 20

7:30 – 8:45pm

Mt Hawthorn Main Hall, 197 Scarborough Beach Road, Mt Hawthorn

\$150 per person or \$200 lovers and fighters (couples) rate

Our response to stress, anxiety and fear are biologically linked to our evolution. We feel anxiety in our posture, muscles, organs and actions. These responses are meant to be intelligent, efficient ways to protect us when needed but they can become dysfunctional if not understood or balanced.

Drawing on the teachings and movement lessons of Dr Moshe Feldenkrais alongside current research and body practices. **Learn**

- **How to support your nervous system for OPTIMAL function**
- **The hierarchy of the fight, flight, freeze, flock and faint responses**
- **Why your BODY is the essential link in recovering from anxiety**
- **Specialised movement, breath and touch practices to abate anxiety***
- **How to work WITH rather than fighting against your anxiety**

"Great exercise that were very powerful. The soft centred feeling I got as a result of your classes really is priceless." **Lee, Yoga Teacher**

"If you desire a deeper experience and a mature understanding of your life take Molly's class. Her playfulness, passion and command of the subject matter will enrich your life." **Barbara Wolf**

This workshop is for anyone with stress or anxiety; parents, partners and health professionals seeking a more nuanced understanding; and anyone wishing to live a balanced, calm and choiceful life.



Molly Tipping is a specialist body practitioner working in the field of Somatic Anxiety. Drawing on the work of Dr Moshe Feldenkrais, Molly illuminates the nuances of the body's response to threat and helps people restore their sense of ease and clarity. Molly runs a private studio in West Perth and lectures on Performance Anxiety at the West Australian Academy of Performing Arts (WAAPA). Molly is also co-producer, with Brigit Cosgrove, of the audio series *Move Over Anxiety*.

** Some people find breath or touch practices exacerbate their anxiety! We will learn why and adjust accordingly. ☺*

Visit tippingmotion.com.au or email tippingmotion@inet.net.au for more info