

Anxiety and the Senses

with Molly Tipping



Monday July 25

6:30 - 8:30pm

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, we will discover the complex and subtle relationships between our senses and states of being and enjoy movement explorations that calm and soothe the nervous system.

\$35 full price

\$30 early bird July 10

last 2 classes sold out so please book early if you want to come

**Mt Claremont Community Hall
Montgomery Ave, Mt Claremont**

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

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

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