

Get Down

and up and down and up again

A Feldenkrais Immersion course with Molly Tipping



Saturday June 25

12:30 – 4:30pm

“We can accelerate learning by presenting experiences under which the human brain learned in the first place”

Moshe Feldenkrais

Children move with ease by using their breath, the ground, skeletal patterns and momentum. Supported by boundless time, wonder and love they experience joy in their movement and in the world simultaneously.

Discover your body and the world again with a joyful afternoon exploring the principals and pathways that support your capacity to move like a child again.

This course is ideal for those who enjoy gardening, cross fit, keeping up with children or grandchildren and anyone interested in exploring their hip joints and the essential relationships between the pelvis, spine and head.

\$75 full price (includes afternoon tea)

\$65 early bird June 10

\$100 love birds rate

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