

Habit, Change and Choice

A 7-week mindful movement course in North Perth and Fremantle
with Molly Tipping



Term 2 - Tuesday May 15 – Friday June 29

In this terms classes come explore some novel and fun Feldenkrais movement lessons. Laugh your way through learning as you twist, roll and unwind your way back to your playful self.

Learn

- How our hands, feet and arm/leg bias's organise our spine
- How the dominant eye and ear affect movement patterns and initiation
- To use of attention and rhythm to foster learning and change
- To work with, rather than against, your habits to awaken spontaneity

TUESDAYS 9:30am & 7:30pm, FRIDAYS 9:30am

North Perth Yoga Room, 5A Blake Street, North Perth

THURSDAYS 10am

FireFlight Yoga, 106 Marine Terrace, Fremantle

\$175 for 7 lessons
\$30 single

Payment can be made via the website tippingmotion.com.au



Molly Tipping draws on 17 years experience as a dancer, Pilates Instructor and Feldenkrais Practitioner. Molly runs a private studio in West Perth, lectures at the West Australian Academy of Performing Arts (WAAPA) and runs professional training for the Australian Pilates Method Association, Royal Academy of Dance and The Feldenkrais Guild.

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