

Arms in Action



Term 4 October 10 – December 8 2017

This course aims to clarify the marvellous design of our shoulder girdle through understanding the developmental movements patterns and functional movement

Learn

- **The developmental patterns that underpin arm support and strength**
- **How the yield-push patterns initiate biomechanical fluency**
- **How to use the spine, head and eyes to support integration**
- **Discover greater ease to support yourself with your arms**

TUESDAYS 9:15am & 7:30pm, FRIDAYS 9:15am

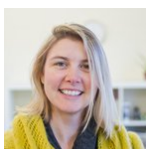
North Perth Yoga Room, 5A Blake Street, North Perth

THURSDAYS 10am

FireFlight Yoga, 106 Marine Terrace, Fremantle

\$200 for 8 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@iinet.net.au for more info