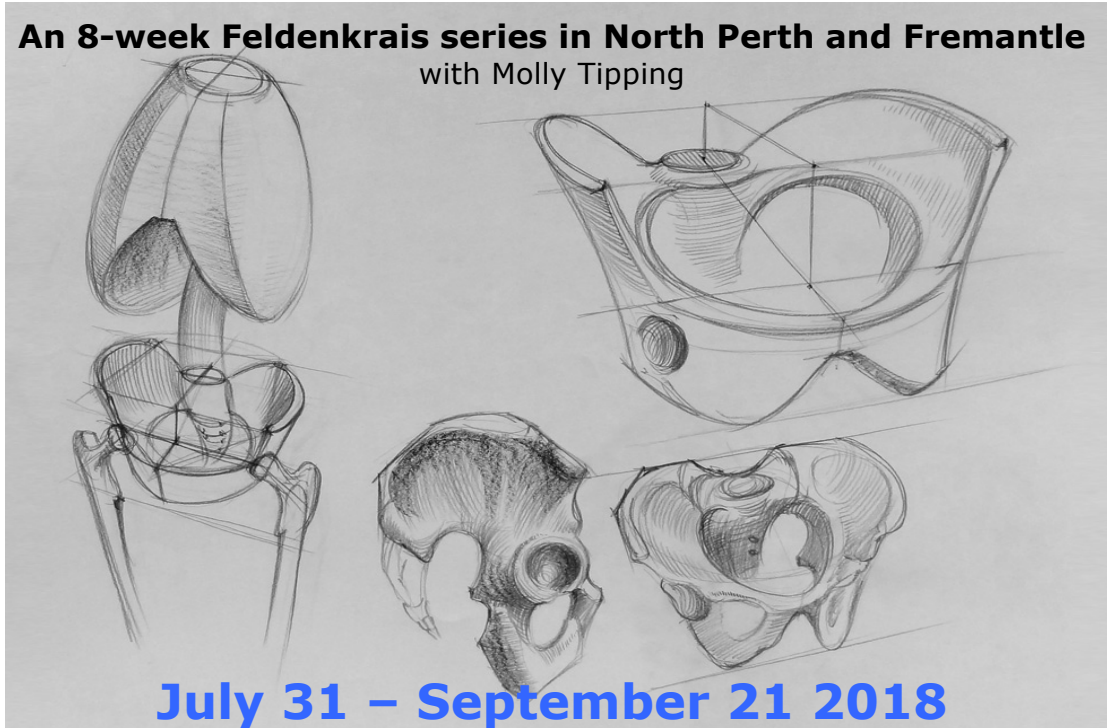


# Honouring the Hips

**An 8-week Feldenkrais series in North Perth and Fremantle**  
with Molly Tipping



**July 31 – September 21 2018**

Using mindful movement sequences, drawn from the Feldenkrais Method, join fellow movers honour and explore the marvellous design of your pelvic girdle and hip joints.

## Explore

- **Nuanced movements that help clarify hip joint alignment and range**
- **Biomechanical pathways that support pelvic comfort and power**
- **Dynamic relationships of hamstring, pelvic floor, psoas, breath + jaw**
- **Vertical co-ordination for improved ease in balance and locomotion**

*"Thursday mornings are a highlight of my week!"*

*"Feldenkrais has been a game changer for me! It has allowed me to explore pathways of movement that were leading to injuries and shift them."*

**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 8 lessons**

**\$25 single**



Molly Tipping draws on 18 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](http://tippingmotion.com.au) or email [tippingmotion@iinet.net.au](mailto:tippingmotion@iinet.net.au) for more info**