

Flexibility - The Feldi Way

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



February 12 – April 6 2019

Limber up this year with mindful movements drawn from The Feldenkrais Method®

Gently increase the mobility of your spine, chest and hips

Understand the physiology of tension and flexibility

Learn a mini sequence to support your home program

Relieve tension, have fun and feel young again 😊

"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

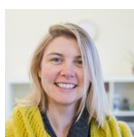
North Perth Yoga Room, 5A Blake Street, North Perth

THURSDAYS 10am

FireFlight Yoga, 106 Marine Terrace, Fremantle

\$175 for 8 lessons

couples rates / concessions available



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 or email tippingmotion@iinet.net.au for more info