

The Biology Of Anxiety



A Feldenkrais course on the evolution of Anxiety

Our response to stress, anxiety and fear are biologically linked to our evolution. These responses are intelligent, efficient ways to successfully protect against threat. Each species and individual has unique strategies and solutions.

This 5-week series explores the teachings and movement lessons of Dr Moshe Feldenkrais alongside historical and current research. By understanding our legacy and our options gain more confidence to respond effectively when it matters most!

Each week we will

- **Explore breath and movements to strengthen the nervous system**
- **Learn postural and movement habits that alleviate or exacerbate anxiety**
- **Address demonising myths and overwhelming feelings**
- **Enliven our innate intelligence to act in centred and empowering ways**

WEDNESDAYS August 23 – September 20 7:30pm

Mt Hawthorn Lesser Hall, 197 Scarborough Beach Road, Mt Hawthorn

\$120 per person or \$200 lovers and fighters (couples) rate

Payment can be made via the website or direct deposit at
Molly Tipping BSB 016 355 Acc. 5175 23365



Molly Tipping is a Feldenkrais Practitioner and Pilates Instructor with over 17 years experience. Molly runs a private studio in West Perth and lectures at the West Australian Academy of Performing Arts (WAAPA) in Alignment, Kinesiology and performance anxiety. Molly has been working specifically with anxiety for a decade and is co-producer, with Brigit Cosgrove, of the audio series *Move Over Anxiety*.

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

Helping you master the **FIGHT, FLIGHT, FREEZE... FLOCK, FINESSE, FLOURISH** responses