

Feldenkrais mini-workshops in Bristol

Two-hour workshops to explore a particular theme.

These are a good way to work in more depth, and you can come to one, some or all. The titles give the focus, but all kinds of benefits can be found, depending on your existing habits of movement.

Bristol two-hour workshops	2012
Balance - the subtlety of weight shifting	March 5
Feet for standing	April 23
Ribs for flexibility and support	May 28
Breath and balance	June 25

At Redland Quaker Meeting House, 126 Hampton Road, Redland BS6 6JE
(First Floor Meeting Room)
3.30 - 5.30pm

Booked and paid one week in advance £13 (£10 concession)
Otherwise £17 (£13 concession)

The concession price is intended for those living on very low incomes.
If you pay in advance there is usually no refund if you can't make it.

Please wear loose, comfortable clothes and dress for warmth.
We'll be working on a wooden floor, so bring a mat and/or a blanket.

Before you come, please discuss with me any special requirements or concerns you may have.

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www.nicefeldenkrais.co.uk