

Feldenkrais mini-workshops in Cornwall

Two-hour workshops to explore a particular theme in Newlyn, Cornwall.

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.

Newlyn two-hour workshops	2012
Balance - the subtlety of weight shifting	March 10
Feet for standing	April 21
Ribs for flexibility and support	May 26
Breath and balance	June 30

At Newlyn Yoga Studio (TR18 5AB) 10.30 am - 12.30 pm

Booked and paid one week in advance £12 (£9 concession)

Otherwise £16 (£12 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.

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

Please wear loose, comfortable clothes and dress for warmth.

There are blankets available to work on in Newlyn.

Shelagh O'Neill – 01736 365783

www.nicefeldenkrais.co.uk