Planning a Ski Holiday in the Northern hemisphere ?
……would you like to last longer on the slopes ?

On Your Feet…..And Off Again

A workshop to improve balance and coordination on the ski slopes

Learn the little movements that make a Big Difference

In this workshop you will

- Experience and begin to understand your balance and how to optimise it on skis and snowboards
- Discover your centre of mass and how to use it for weight shifting
- Learn 'Whole body' patterns that underpin and support good balance and movement
- Develop sensory/motor attention to give your body and mind ski specific awareness

Feldenkrais® gives you the tools to move better and replace ineffective bad habits with good ones that allow you to ski better and lead to a 'whole-body' skiing experience

One of the main ideas in Feldenkrais is to learn to be aware of ourselves. This is so that one can know how to move from a point of neutrality-so that all your movement is made efficiently and knowingly-with less effort and greater ease. This experiential knowledge is used to avoid potential injury, ski better and stay on the slopes longer.

Date **Saturday Dec 8 Brisbane**
Sunday Dec 9 Gold Coast

Time **10 - 4 pm**

Venue **TBA** (further booking info or querries? Please email Donna-Rose at the address below)

Cost Early-bird bookings by Dec 1 **$87** **Special Offer, Save 25% Book 3 get the 4th Free**
Registration at the door $105 / per person

Payment: cheques to D McAneney
PO Box 308 Chirn Park
Qld 4215

Or Direct Transfer
Bank ANZ
BSB: 014 696
Account No: 559 767 755

Where loose comfortable clothes –(ie yoga or gym clothes)
Bring a mat to lie on and a towel
Morning or Afternoon Tea offered
Please provide your own Lunch and water bottle

Donna-Rose McAneney is a Certified Feldenkrais Practitioner (CFP) and Therapeutic Masseuse with over 25 years experience who has a joyful passion for fun on the slopes.
The Body Moves was established in 2001 on the Gold Coast, Australia,offering regular Feldenkrais classes or tailored programs to suit your specific needs, as individuals orgroups. DonnaRose has lived, worked, trained and studied extensively in the US, Australia and NewZealand.

The Body Moves, ABN 59 708 227 872
50 Broad Street, Labrador 4215, Queensland Australia
Telephone +61 7 5537 3789 Mobile +61 (0) 412 563 093
Email: donnarosemca@optusnet.com.au www.thebodymoves.com.au