



"Nothing is permanent about our behaviour  
except our belief that it's so"

Moshe Feldenkrais

Left to its own devices, the brain attempts to protect us at all cost, resulting in positive or negative effects. However, the brain doesn't always choose the best long term response, it just reacts, often with severe restrictions.

The brilliance of Feldenkrais is that he recognized this phenomena and developed means of accessing and directing the brain. He identified movement awareness as the most efficient way.

**Now it's time for you to take control of your  
brain, apply simple Awareness sequences  
and create permanent change**

Learn about:

- ▷ Neuroplasticity; how the brain can change itself and the complexity of pain
- ▷ The value of paying systematic attention to you mind-body connection
- ▷ Applying the principles and practices of the Feldenkrais Method to your needs
- ▷ How to empower yourself and break the treatment dependency cycle

### Workshop

An opportunity to explore in greater length the relation between neuroplasticity and the Feldenkrais Method in relation to chronic pain and restriction. You will learn the tools and skills you will need for an ongoing practice. This workshop will include explanations, discussions and practices.

**Saturday, 7th of December**

Two options: 9:30am-12:30pm or 2-5pm

Limited attendance: A chance to participate in a comfortable setting with a small group of people, who have similar experiences.

**Cost:** \$65 (conc. available)

**Teacher:** Holly Huon is a certified Feldenkrais Practitioner, Registered physiotherapist and qualified neuro-linguistic programming practitioner. She has an equal love for the arts and the science.

**Venue:** Daniel Lewis Rheumatology Centre - 73 Chapel St St Kilda VIC 3182

**Bookings:** Holly Huon - 0428 595 109 - huonholly@gmail.com