

6-WEEK FELDENKRAIS® METHOD COURSE

OCTOBER 3RD – NOVEMBER 7TH 2017

FREE!

- RELIEF FROM TENSION AND MUSCULAR PAIN
- EASIER AND FULLER BREATHING
- GREATER RELAXATION AND WELL-BEING
- GREATER EASE IN EVERYDAY ACTIVITIES



THE FELDENKRAIS® METHOD can help with chronic back problems, repetitive strain injury (RSI), tension and stress. There is also evidence of it helping with neurological conditions such as the symptoms of a stroke.

If you are a carer over the age of 50 and would like to book a place on this course please call Sallie on 020 8510 1966. Classes will take place at the Whitmore Community Centre, 2 Phillipp St, N1 5NU on Tuesdays 11-12.



6-WEEK FELDENKRAIS® METHOD COURSE

OCTOBER 3RD – NOVEMBER 7TH 2017

FREE!

- RELIEF FROM TENSION AND MUSCULAR PAIN
- EASIER AND FULLER BREATHING
- GREATER RELAXATION AND WELL-BEING
- GREATER EASE IN EVERYDAY ACTIVITIES



THE FELDENKRAIS® METHOD can help with chronic back problems, repetitive strain injury (RSI), tension and stress. There is also evidence of it helping with neurological conditions such as the symptoms of a stroke.

If you are a carer over the age of 50 and would like to book a place on this course please call Sallie on 020 8510 1966. Classes will take place at the Whitmore Community Centre, 2 Phillipp St, N1 5NU on Tuesdays 11-12.



THE WHITMORE CENTRE, 2 PHILLIPP STREET, N1 5NU



Phillipp Street is between the canal bridge and St Leonard's Hospital off **Kingsland Road**.

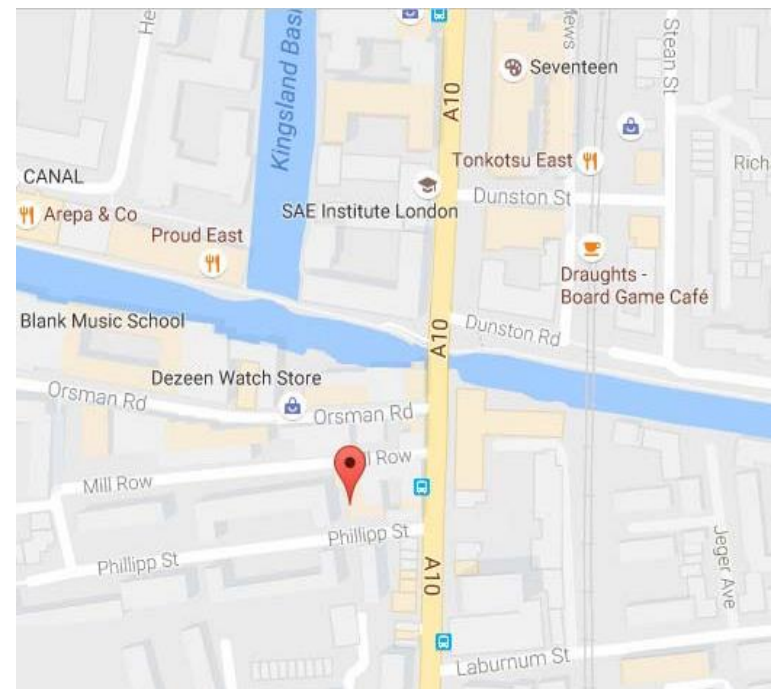
Nearest overground stations are: **Haggerston** or **Hoxton**

Buses: **67, 149, 242, 243**

For more information please
Call Sallie at the Carers Centre

020 8510 1966

THE WHITMORE CENTRE, 2 PHILLIPP STREET, N1 5NU



Phillipp Street is between the canal bridge and St Leonard's Hospital off **Kingsland Road**.

Nearest overground stations are: **Haggerston** or **Hoxton**

Buses: **67, 149, 242, 243**

For more information please
Call Sallie at the Carers Centre

020 8510 1966