

***FREE TO GYM & TONIC'S  
DIRECT DEBIT MEMBERS  
ONLY. OR £4.00 ON THE  
DOOR***

***EXPERIENCE THE FELDENKRAIS  
METHOD WITH STUDENT  
TEACHER, KATHERINE.***

***Tuesdays 2pm in the studio***

*'Awareness Through Movement' classes - wear loose clothing and use an exercise mat or blanket.*

*Through these gentle movements your body can learn easier and more efficient ways of moving, change habits, even-up imbalances, resolve pain and increase self-awareness. Moshe Feldenkrais aimed for flexible minds and flexible bodies. His Method engages the constant feedback between your actions and your nervous system and reconnects us to the possibility of intensive learning that we had as infants. This process may have been curtailed as we grew older or may have been compromised by shock, illness, injury, habit or culture. People have turned to the Feldenkrais Method to ease pain, to improve their well-being or to develop their artistic or athletic prowess. Musicians, equestrians, golfers and mountain climbers are amongst those who use Feldenkrais to become more efficient and more elegant. Is it your turn to experience the Feldenkrais Method? Katherine.*

**Tues 26/4    Tues 10/5  
Tues 17/5    Tues 07/6  
Tues 21/6    Tues 28/6  
Tues 05/7**

***A MAXIMUM OF 10  
MEMBERS ARE  
ABLE TO ATTEND SO:***



**BOOK THE DATES YOU'D LIKE WITH  
G&T'S ON:  
01497 822995.  
10 BROAD STREET, HAY ON WYE**