

Bring a Yoga Mat and comfy clothes to roll around in 😊

THIS SATURDAY NOV 19...
"SLINKIFY YOURSELF!"
FOR FREER DANCING!
AND EASIER YOGA!

Tahnee's ONE AND ONLY WORKSHOP on the Big Island!!



2-5pm, this Saturday!
November 19

in the beautiful Kalani
EMAX dance space

**DISCOVER THE LATEST CUTTING-EDGE
MOVEMENT TECHNOLOGY**

- * Learn new easier ways of moving!
- * Deepen your body awareness
- * Dissolve stubborn stiff muscles
- * Melt away pain
- * Free your body like a cat!

Only \$20 for three hours of bliss!

It's Tahnee's gift to our Community :-)

The Feldenkrais Method is the secret weapon of athletes, dancers & performers around the world, helping them move with **fluidity, precision & power.**

This workshop is in perfect timing for Ecstatic Dance on Sunday! You will find yourself leaping like a dolphin on the dance floor...! And doing yoga with more freedom & flexibility than ever before. You will be able to **do moves you never thought possible!**

Tahnee Woolf is a world renowned Feldenkrais Body Movement Master from Australia. She runs workshops around the world, teaching with love, nurturing, charisma and humour! Her workshops are always **gentle, joyful and inspiring.**

**with International
Feldenkrais Master and
Professional "Slinkologist!"**

Tahnee Woolf

