



Wellaware

## Swimming Wellaware

PUBLIC WORKSHOP( Accredited with Austswim)

Rae Martin is a Physiotherapist and Feldenkrais® Practitioner

- **Swim for improved health and well being for all ages and abilities**
- **Swim further/faster and with less effort**
- **Feel easier and more fluent as you swim, and have more fun**
- **Find ways of strengthening or improving flexibility in specific parts of the body.**

In this workshop you will learn how effort and energy can be better balanced by the co-ordinated action of upper and lower body. You will discover why you prefer a certain stroke, and gain more variation in your swimming.

When: Sunday, 29<sup>th</sup> of November

Individual follow-up option will be available by arrangement  
9.30 am – 3.30pm.

Where: Terrey Hills Swim School  
31 Myoora Rd  
Terrey Hills

Cost: \$140

For information and to Register: [rae.martin@iinet.net.au](mailto:rae.martin@iinet.net.au)