



Feldenkrais with Cherry

*"Make the impossible possible, the possible easy,
the easy elegant"*

Moshe Feldenkrais

Awareness Through Movement Class at Grafton Riding Club Training Day, 2nd Sep 2023

Take a moment out of the saddle and embark on a journey of self-discovery. Prepare for the wonderful changes that lie ahead – on and off your horse!

Awareness Through Movement is a group lesson. The session is structured so that the participants have time to sense and explore gentle movements. In doing so, the participants may become aware of their habitual way of moving, which then opens the doorway to new movement patterns.

Cherry is a qualified Awareness Through Movement instructor and member of the Australian Feldenkrais Guild. She is currently completing her final year to qualify as an international Feldenkrais practitioner. She is also an Equestrian Australia Coach and trains/breeds horses on her farm at Nana Glen.