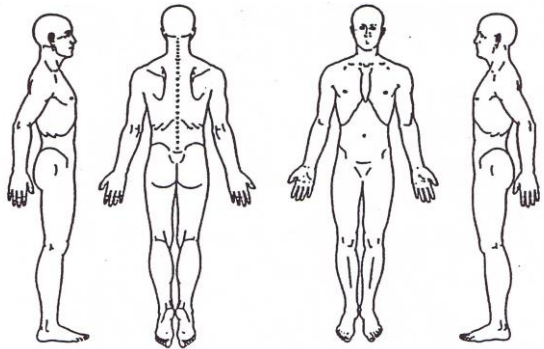


# Simple, relaxing, practical, effective

Saturday 20th July 2019 9:00am – Noon Holistic Health Centre, 12 Church St, Mosgiel



Neck or Shoulder Tension?

Back Pain?

Hip or Joint Pain?

Restricted Movement?

Seeking More Body Comfort?

## ORTHO-BIONOMY SELF-CARE CLASS

- Learn simple and gentle 'take home' exercises
- Gain new awareness in body comfort
- Be more self-reliant in managing pain

*Class notes and morning tea /coffee provided*

*These gentle yoga-like exercises are based on the modality Ortho-Bionomy. Developed in the 1970's by martial arts master and osteopath Dr Arthur Pauls, Ortho-Bionomy is a gentle yet powerful therapeutic bodywork practised and taught throughout the world.*

Limited places. Register now to book a place. Fee \$60 **\$50 Early-bird fee** if enrolled by Monday 8th July

**To enrol contact: Karen Jacquard: Mobile 0212 671123 Email: [kazjacq@hotmail.com](mailto:kazjacq@hotmail.com)**

*Wear comfortable stretchy clothes. **Please bring a yoga mat, one pillow and a blanket.** Chairs available for those who are not able to be on the floor. All ages and bodies welcome.*



This class is taught by Frank Heslin who is an instructor and advanced practitioner of Ortho-Bionomy. Originally from Dunedin, Frank lives in NSW, Australia. He teaches Ortho-Bionomy workshops to health professionals and trainees around Australia, and regularly in Dunedin and has practised Ortho-Bionomy for 24 years in Australia or NZ. In July Frank is teaching a 3-day Ortho-Bionomy workshop at The Holistic Health Centre as well as this Self-Care class. **Frank is also available for private one-hour treatment sessions on the 12th, 16th, 17<sup>th</sup>, 18th and 19<sup>th</sup> of July in Dunedin and Mosgiel locations. Contact Karen (see above) if interested.**

Web: [www.frankheslin.com](http://www.frankheslin.com) Email [ob@frankheslin.com](mailto:ob@frankheslin.com) Mobile: +61420462598



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