

# Ease Of Movement

***A simple and effective system to make human movement easier and more efficient***

**You are invited to the launch of a new powerful & simple modality**

**Monday 4 October BMW Edge Federation Square - 6.00pm – 7.30pm with Peter Binns**

**WHAT ?** - A simple effortless and effective program to improve the quality and ease of movement. When we move with a sense of ease, movement becomes pleasant to do and pleasing to see. When movement becomes easier, exercise becomes more likely & more beneficial.

The Ease Of Movement™ series of movement lessons can have a profound effect on your mobility and therefore the quality of your life. The lessons draw on the principles of music, dance and the pioneering Feldenkrais method®. They are supported by current research into neurological plasticity, it's easy exercises for the nervous system.

**WHY ?** - Working in health & fitness for 20 years teaching sophisticated self-development programs, it became obvious something fundamental was being overlooked despite the rapid escalation of the fitness industry, this became evident due to-

- 1; The very low number of older people in gyms &
- 2; The increase in lifestyle related diseases such as obesity and diabetes.
- 3; The number of people with back pain, shoulder & neck pain etc.

So Ease of Movement has been developed to address this situation.

On Monday October 4 at 6:00pm Peter Binns will present this exciting new modality, teach some Ease of Movement lessons and briefly outline the first Ease of Movement instructor course.

Peter Binns has designed the Ease of Movement system based on his extensive martial arts practice, experience as a professional musician and over 20 years teaching the Feldenkrais method. Peter is the Founder and Director of the Australian Feldenkrais Centre in Melbourne, a trained physical therapist, and a certified Feldenkrais practitioner. Since 1989 he has worked with thousands of people ranging from world class athletes, musicians, actors and the general public through to people suffering from acute and chronic pain, both with one-on-one Functional Integration sessions and group classes.

**COST: \$35:00 & \$30.00 Bookings 1300 136 166**

**<http://www.ticketmaster.com.au/Ease-of-Movement-Forum-with-Peter-Binns-tickets/artist/1486445>**

**@ BMW Edge Federation Square:**

**Monday 4 October BMW Edge - Ease of Movement launch 6.30pm – 8.00pm**

[www.easeofmovement.com.au](http://www.easeofmovement.com.au)

2010 Victorian  
Seniors Festival

Be inspired!  
3-10 October

