

Moving into 2023

Experience the Joy

Share the joy of **BodyMinded**:
join us for a four-day Alexander
Technique workshop in the
beautiful Blue Mountains to
learn more about free
movement and coordination -
coaching, thinking and moving.



Get help with activity and
movement skills - walking,
running, sports and music,
and anything else you wish
to explore and improve - to
get you moving into 2023!



19-22 January 2023
Palais Royale, Katoomba
Early bird rate available until 11 December 2022
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