

Stop tech neck aches and pains...

Learn to relieve tech neck in one easy workshop.



Tech neck. A workshop with Brenda Stickley.

The Workshop

In this 4-hour workshop you will learn how to take control of your pain.

- Discover your movement and postural habits that cause your difficulties
- Understand how the body is designed to function
- Learn how to find relief and to avoid pain
- Learn improved movement and postural habits

Easy to follow take-home notes will help you remember everything you learn at this workshop. No need to bring anything, just wear comfortable clothes.

Date and Location

Saturday, 7 July 9:00am -1:00pm

Linden Social Centre, 10 Linden Ave, Linden.

Book Now

Bookings essential. Book online at

www.getmovingwithbrenda.co.nz

This is a popular workshop with limited spaces.

Cost

\$95

No refunds, simply choose another workshop or date. Pay by internet banking to 12-3223-0077228-00 or cash/cheque by arrangement. Email enquiries to getmoving@xtra.co.nz or call **04 232 9364**



The Teacher

Brenda Stickley, Certified Feldenkrais® Practitioner, Yoga Instructor and 20+ years nursing and nursing education. Brenda provides a professional and relaxed environment - and provides the best morning tea.

70%
**of neck or back pain
begins with
normal daily repeated
activities like
using a computer
or mobile device**

In-house workshops available