

2010 Class Schedule

MONDAY NIGHTS

Commencing
Mon 22nd March

2 classes
5:30pm & 7:00pm

* Bookings essential - Class limited to 12

Melbourne Natural Wellness Centre
Level 4
178 Collins Street
Melbourne

Pricing

Single Class - \$20
Book of 10 - \$180

CALL TO BOOK A CLASS NOW!



Melbourne Natural Wellness

Introduces

The Movement Salon

Melbourne Natural Wellness Centre
Level 4, 178 Collins Street
Melbourne

WHAT IS THE MOVEMENT SALON

Movement Salon is a theatre and dance based physical training program that focuses on developing creative expression from a place of inspiration and awareness, with an emphasis on addressing the bridge between physicality, rhythm, intuition and imagination.

The class is a rigorous physical training program that develops physical fitness, flexibility and core conditioning, together with fluency and articulation in movement and creative expression. The course is designed to encourage and nurture creative awareness and the ability to embody creative movement in a consciously expressive and functional way that eliminates tension, and becomes a pathway for self-knowledge, communication, expressiveness, confidence and wellbeing.

Extend your knowledge and communication skills

Discover the body's expressiveness through movement

Increase performance confidence

“One lives within a pattern: to ignore this is to take many false directions, but the moment the hidden movement is respected, it becomes the guide, and in retrospect one can trace a clear pattern that continues to unfold.”

(Peter Brook "There Are No Secrets")

LIZ PERRY

Liz Perry is the facilitator of The Movement Salon. She is a professional Movement Educator and Performance Consultant with a background in theatre movement, physical theatre, acting, directing and teaching. She is a member of the Association of Theatre Movement Educators and has facilitated master classes and workshops in theatre movement, voice, stage combat and performance in the United States, Canada and Australia, for performers and non-performers alike. She has a Certificate in Theatre from the William Davis Centre for Actors' Study in Vancouver, Canada; a Certificate in Shakespeare Studies from the London Academy of Music & Dramatic Art; a Graduate Diploma in Humanities & Social Sciences from La Trobe University; a Postgraduate Diploma in Performance Training Methodologies from Melbourne

Develop clarity of meaning in expression

Discover powerful presence in performance and in every day life!

University; and has studied the movement techniques of LABAN Movement Analysis; the 5Rhythms (Gabrielle Roth); Alexander Technique, Impulse Training, Stage Combat; and physical theatre and postmodern dance and choreography at Lancaster University in the United Kingdom. She has been delivering theatre based physical training and creative development programs since 1995.

Liz offers group classes, weekend workshops and private coaching for performers, dancers, artists, writers, the corporate sector, and for people from all walks of life who are seeking a creative outlet that will also improve their physical fitness.

For more information contact:

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