

Mindful Movement

Fusion now offers an innovative new wellness program: *Mindful Movement* classes focus on gentle, controlled, systemised movements, breathing awareness and relaxation techniques.

Delivered in an intimate class setting in our ambient new Kennington exercise studio, each session will run for approximately 45 mins. Close supervision with a trained physiotherapist ensures correct application and optimal effect.

Mindful Movement draws together three therapeutic elements:

- **Physio-Chi**
A series of sequenced movement patterns drawn from the ancient art of Tai Chi, modified by a physiotherapist to maximise the therapeutic outcomes on balance, core strength and pain control.
- **Breathing control/awareness**
Re-establish correct breathing techniques, learning to facilitate correct movement patterns around the trunk and enhancing meditative techniques
- **Meditation/Relaxation**
Unwind and learn techniques to calm thoughts, reduce pain and enhance recovery.

Suitable for those:

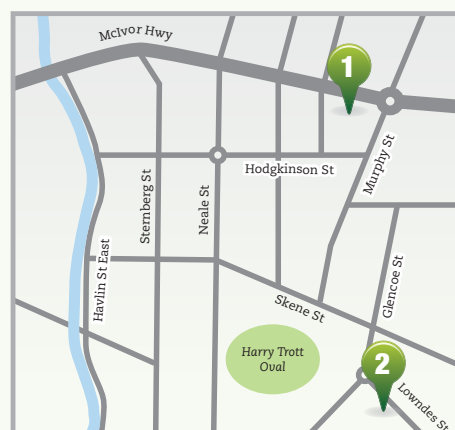
- Experiencing chronic or persistent pain
- Troubled by heightened anxiety or stress
- Looking to improve mental and physical wellbeing

Classes start Friday, November 20

Date/time: Every Friday at 1pm
Location: 1/11 Lowndes St, Kennington
Cost: Casual class \$15

Payment can be made at our main practice at 86 Mclvor Road Bendigo, via credit card over the phone, or by Direct Deposit to:

Fusion Physiotherapy
BSB: 083 543 Account No: 17-386-5328
Please use your name as reference



Find us at:

- 1 **Main location**
86 Mclvor Rd, Bendigo
- 2 **Studio location**
1/11 Lowndes St, Kennington

Mindful Movement - Registration Details

1. Name:

2. D.O.B.

3. Address:

4. Phone: [H]:

[W]:

[M]:

5. Treating Physiotherapist (if applicable):

6. Emergency contact

Name:

Relation:

Phone:

Email:

7. GP or Medical practice:

8. Referred by:

- Physio
- Doctor
- Friend
- Other:

9. Do you have Private Health Insurance?

- Yes - which fund:
- No

10. Do you have a history of impairment in any of the following areas?

- Cardiovascular, heart or stroke? If yes, please provide details:
- Respiratory conditions
- Balance or inner ear disorders
- Lower limb injury or disease (hips, knees, ankles)

11. Are you currently experiencing pain?

- Yes - please provide details:
- No

12. Do you have any other medical issues relevant to participating in the program?

- Yes - please provide details:
- No

IMPORTANT INFORMATION

Please advise us before commencing any session if, for any reason, your health or your ability to exercise changes [i.e. muscle soreness, joint pain, pulled muscles, minor injuries etc]. If you are performing exercise correctly you should not experience pain so please inform the physiotherapist immediately if you feel any discomfort during a session or after a previous session.

- I confirm that I have read and understood the above advice and that the information I have provided is correct.

Name:

Date:

Submit

or

Print