

# HEALTHY DARWIN

## Short Courses and Workshops 2023/24 Wet Season

### Myofascial Release Technique (Foam Rolling) Workshop Series

Tired of waking up feeling sore? Does your body ache after every run, walk, or workout?

Join Movement and Mindset Coaching for an educational workshop series that will focus on how to use a foam roller to its full potential on your whole body and achieve that myofascial release.

We suggest you attend two sessions; the first will focus on your upper body, and the second will focus on your lower body.

BYO Mat, Towel & Foam Roller

**Block 1:** 14/11/2023, 21/11/2023, 28/11/2023 & 05/12/2023

**Block 2:** 02/01/2024, 09/01/2024, 23/01/2024 & 30/01/2024

**6:00 pm - 7:00 pm**  
**Nightcliff Community Centre**

Bookings required!  
Contact Movement and Mindset Coaching  
P - 0427 997 642  
E - [maria@movementandmindsetcoaching.com](mailto:maria@movementandmindsetcoaching.com)

**Only \$10 per session!**

To find out more about the activity,  
contact the instructor directly.

Follow [Healthy Darwin](#) on Facebook



**To find out more...**

08 8930 0300

[healthydarwin@darwin.nt.gov.au](http://healthydarwin@darwin.nt.gov.au)

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