

GETTING GROUNDED GRACEFULLY

A Program to Improve Balance and Function and Reduce Falls in Older People

ORDER FORM – WITHIN AUSTRALIA ONLY

Getting Grounded Gracefully can be purchased via mail order only from within Australia. Payment by cheque or money order is accepted.

NOTE: Mail orders cannot be paid for by credit card. To use a credit card please use the automated system on the website.

Getting Grounded Gracefully is available in two formats.

Set of 16 audio CD's

This set of 16 audio CD's can be played on any CD player. The cost for the set of 16 audio CD's is \$119.95 plus \$15 postage and handling.

Single mp3 formatted CD

This single CD contains all 16 lessons from the program and can only be played on CD players which can play the mp3 format. The cost for the single CD is \$79.95 plus \$5 postage and handling.

Please tick which format of the Program you would like to receive.

Set of 16 audio CD's

Single mp3 formatted CD

Please **fax or post** the completed form to the address below.

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PAYMENT METHOD

Cheque or Money Order payable to *Feldenkrais Connections*

Post or fax to: Robert Webb

Feldenkrais Connections

8 Montpellier Crescent, Lower Templestowe, Victoria, Australia, 3107

Fax No.: 03 9840 6700