

Become a Practitioner of the **Feldenkrais Method**[®] of Somatic Education



"The aim is a body that is organized to move with minimum effort and maximum efficiency not through muscular strength but increased consciousness of how it works." -Moshe Feldenkrais

- An extraordinary opportunity for both personal and professional development
- Acquire the knowledge of how movement and function are formed and organized.
- Become aware of your own movement, as well as become acute observers of movement in others.
- Learn how to teach others to enlarge their awareness and movement skills.

The training meets three times a year over the course of four years. This format allows for immersion as well as reflection, digestion and practice time.

If you are interested and can make it, we strongly recommend you attend one of the pre-trainings, as they are designed to give prospective students a good idea of what the training will be like. The 3 day intensive is designed to immerse you in the training environment and set the tone for the program.

For a catalogue and application for the Victoria II Feldenkrais Training, please contact Alice Friedman at VictoriaTraining@aol.com

www.feldenkraislearningmatters.com

Feldenkrais[®] Pre Training Workshops



Workshops

Vancouver April 25-27

Registration:

Vita Kolodny 604-263-1321 or

May Nasser 604-737-1497

feldenkraisvancouver@telus.net or

may.m.nasser@gmail.com

Victoria September 26-28

Registration:

Alice Friedman 250-653-4332

VictoriaTraining@aol.com

The times for each of these workshops are as follows:

Friday Night 7-9 pm

Saturday 9-4

Sunday 10-4

*Wear comfortable clothing, bring snacks and a blanket to lie on.

The cost for the workshop is \$150 in advance; \$180 at the door.

