

Emotional Integration the Feldenkrais Way Clarifying Mouth, Jaw, Neck and Tongue

28 - 30 June, 2019

Feldenkrais Advanced Training with Donna Ray

Emotional integration is a primary aspect of Functional Integration practice. As practitioners, we often search for ways to handle emotions professionally and our repertoire grows with experience. This advanced training will focus on communication and observation skills that encourage and support emotional integration. Closely linked to emotions are mouth, jaw, neck, and tongue. In this advanced training we will specifically explore these aspects of human functioning with ATM and FI. These integrative movements will be linked to expression and their relationship with emotional integration.



Donna Ray, MA,

is a highly experienced Feldenkrais Trainer and has taught internationally in numerous training programs. Donna has a Master's degree in Psychology and is a licensed Marriage, Family and Child Counselor. She is director of the Feldenkrais Institute of Southern California and a member of Dan Siegel's Mindsight Institute in Los Angeles where she studies Interpersonal Neurobiology. Over the past 30 years, Donna has maintained an active private practice in California and since 2015 she is the Educational Director of the Feldenkrais International Training Programs at Feldenkrais Institut Wien.

Registration

Feldenkrais Institut Wien
Taborstraße 71/1a, 1020 Vienna
Tel.: +43 (0)699 1133 1043
E-Mail: training@feldenkraisinstitut.at

Date: 28, 29, 30 June, 2019
Times: Fri 14.30 - 18.30
Sat 9.30 - 16.30h
Sun 9.30 - 16.30h
Price: € 330 - (incl. 20% VAT/MwSt.)

www.feldenkraisinstitut.at

Teaching language will be English.
Limited number of participants!

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