

Emotional Integration and State Shifting

Related to the Functional use of the Eyes and Hands

Advanced Training for Feldenkrais Practitioners with Donna Ray
January 24 – 26, 2020



The combined effect of functional eye-hand coordination with one's emotional state is potent.

Functional eye-hand movements are linked to everything we do. Orientation, seeing where we are, where we are going, experiencing the ability to successfully manipulate objects i.e. throwing a ball, timing, precision, velocity. This self-mastery pertains to our entire self-image. Our capabilities are directly linked to manipulating objects as well as responding to others.

Functional eye-hand movements change your entire state, they impact your nervous system instantaneously. Integration of feelings, sensations, thoughts and actions occur simultaneously as we move about responding and interacting. Eye-hand habit patterns are central to all of our behaviours.

We know from scientific studies that eye movement pattern disruption can immediately break up emotional and thought habits. Coupling this knowledge with the Feldenkrais approach provides new ways of behaving as the old ones are destabilised.

This Advanced Training with Donna Ray will provide you with specific skills that utilize the aforementioned knowledge. State shifting, functional skills, awareness of breaking up old habits and establishing new behaviours. In this Advanced Training you will practice ATM, FI and communication skills.

Friday: 17:00 – 19:00

Saturday: 10:00 – 17:00

Sunday: 10:00 – 17:00

Workshop fee: € 330,- (incl. 20% MwSt./VAT).
The workshop will be taught in English.

Please contact us with any question you might have and to register:

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Donna Ray, M.A., M.F.T

is a highly experienced Feldenkrais Trainer with over 20 years of teaching internationally. Donna has a Master's degree in Psychology and is a licensed Marriage, Family and Child Therapist. Donna directs The Feldenkrais Institute of Southern California, where she maintains her private practice, established 35 years ago. She mentors Feldenkrais Practitioners, acts as a business consultant and is a presenter of Dan Siegel's Interpersonal Neurobiology. Since 2015, she is the Educational Director of the Feldenkrais International Training Programs at Feldenkrais Institut Wien. Donna can be reached directly at DonnaRay.com

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