

● AUTUMN 2014 | plus: FREE FELDENKRAIS

The autumn term starts on Monday, September 29, 2014 and ends on Thursday, December 18, 2014. The courses include between 11 and 12 weekly classes (of 75 minutes each). Previous experience is not necessary. Enrolment is possible at any time.

Public holiday: There are no classes on Monday, December 8.

The class on Thursday, October 16 at 10.45-12.00 is cancelled.

Free Feldenkrais: All classes are free of charge from September 15 – 25, 2014!

EXTRA: Open practices on September 25!

Sascha Krausneker and Joy Prutscher offer free individual Feldenkrais lessons for newcomers in their practices from 13.00 to 17.30 h at Taborstraße 71.

Please e-mail them directly to arrange your free trial lesson.



**FELDENKRAIS
INSTITUT
WIEN**

Awareness Through Movement (ATM) Classes

	Monday	Tuesday	Wednesday	Thursday
9.30 – 10.45	For the Eyes [⊙] Joy & David		ATM Joy & Verena	
10.45 – 12.00		ATM Sascha		ATM* Sascha
16.45 – 18.00				
17.45 – 19.00		ATM Sascha	ATM Sascha	
18.30 – 19.45	ATM Kristel			ATM Joy

Course cards:

There is a variety of course cards available. Please choose the one that suits you best, there is an overview available at www.feldenkraisinstitut.at/classes or in the first lesson.

Please get your card/pass directly from your teacher and pay them in cash.

* Cancelled on October 16.

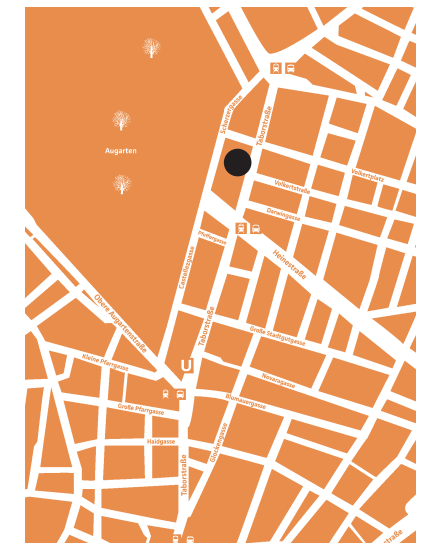
⊙ This class will be taught in English.

Trial lesson:

The first trial lesson is always free of charge.

Want to know more about Awareness Through Movement and about the teachers?

Please visit www.feldenkraisinstitut.at



Getting there:

The Feldenkrais Institute is at Taborstraße 71 in the 2nd district of Vienna. This is 5 walking minutes from the underground station Taborstraße on the U2 – or at the Heinestraße stop on the No. 2 tram.

Registration Please sign up for the course of your choice:

Joy Prutscher kurs@feldenkrais-in-bewegung.at
Sascha Krausneker kurs@feldenkrais-praxis-wien.at
Kristel Weissteiner kristel_weissteiner@gmx.net