

Integrate Emotional Expression during Functional Integration and ATM

1-day Advanced Training for Feldenkrais Practitioners
March 30, 2014 with Donna Ray

**FELDENKRAIS
INSTITUT
WIEN**

Emotions function as central organizers and integrators. It is scientifically understood that emotion and cognition – or feeling and thinking, affectivity and logic – are constantly interacting in all mental activities. Self-organization is a matrix of movement, emotions, thoughts, sensations, intentions and actions. Learn to flexibly move emotional affect to the foreground and background of your practice to enhance higher levels of integration. Emotional interaction is primary in all relational learning.

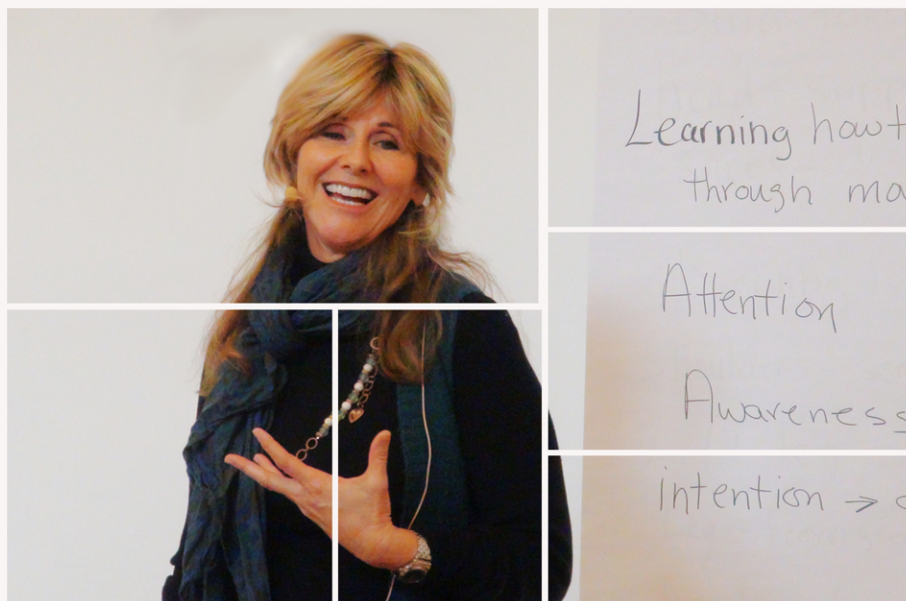
*To every emotional state
corresponds a personal conditioned pattern
of muscular contraction
without which it has no existence.
- Moshé Feldenkrais (Body and Mature Behaviour)*

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

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. Donna is certified by the California Board of Behavioral Examiners as a hypnotherapist specializing in Ericksonian Hypnotherapy.

Over the past 28 years, Donna has maintained an active private practice in California and she is the Educational Director of the upcoming Feldenkrais International Training Program Wien 2015-2019. She is a warm, sensitive teacher known for creating truly special learning spaces.



Sunday, March 30, 2014

10.00 - 17.00

Price: € 120,- (incl. 20% VAT/MwSt.)

Teaching language will be English.

www.feldenkraisinstitut.at

Registration

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