

# Emotional Integration: Breathing Awareness within FI and ATM

**FELDENKRAIS**  
**INSTITUT**  
WIEN

**Advanced Training with Donna Ray**  
**June 30 – July 3, 2022**

Emotional Integration coupled with movement allows us to experience the waves of emotions as they come and go. The movement of breath regulates us and those we are in contact with. Gain a better understanding of emotional/relational/learning systems. Understand how the brain/mind operates to integrate yourself and your students at highly functional levels, including movement, pain modulation, athletic performance and social connection. This course will include ATM, FI and communication skills. Learn to guide ATM's to enhance emotional regulation. Attention to emotional flow will be included in FI practice to further your skills of directing attention toward improving emotional/social regulation.



## **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](http://DonnaRay.com)

Thursday: 13:30 – 18:00  
Friday: 09:30 – 17:00  
Saturday: 09:30 – 17:00  
Sunday: 09:30 – 13:00



*In fact, there are as many breathing mechanisms  
as distinct attitudes of the body.  
In proper development,  
breathing follows a definite rhythm,  
unhampered by the position of the body.  
– Dr. Moshé Feldenkrais  
(Body and Mature Behaviour, 1949)*

Training fee: € 480,- (incl. 20% MwSt./VAT).  
The advanced training will be taught in English

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

Tel.: +43 (0)699 1133 1043  
e-mail: [training@feldenkraisinstitut.at](mailto:training@feldenkraisinstitut.at)  
Feldenkrais Institut Wien  
1020 Vienna, Taborstraße 71/1a

[www.feldenkraisinstitut.at](http://www.feldenkraisinstitut.at)