

# Listening with your Whole Body Hearing, Mindfulness, and Movement //

*Mit dem ganzen Körper horchen  
Hören, Achtsamkeit und Bewegung*

A Feldenkrais Evening with David Kaetz  
December 5, 2014, 17.00 – 20.00h

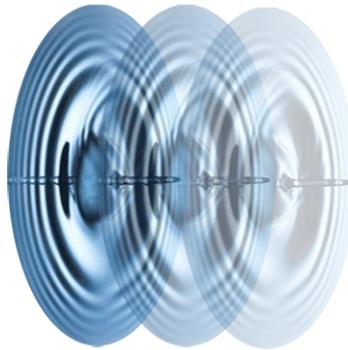
FELDENKRAIS  
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**What can you do to improve your own hearing - to hear more clearly, to listen with more of yourself?**

**How can you get more joy out of music, listen more effectively to others, and take better care of this precious sense?**

The human ear - with all of its wonderful structures - is one aspect of good hearing and good listening, but not the only one. Like vision, listening is integrated with movement, breath, attention, attitude, context, relationship, and the other senses.

Therefore, improving our awareness of how we hear and how we listen can set the stage for improvement. This evening workshop serves as an invitation to learn a fresh approach to the hearing sense, based on the Feldenkrais Method, and incorporating the practice of mindfulness, as well as insights from ancient and modern acoustical research, neuroscience, and a life in music.



## David Kaetz

- is a Feldenkrais practitioner, musician, and writer who teaches and performs in both Canada and Europe. He is the author of the book "Making Connections" on the cultural and spiritual roots of Moshé Feldenkrais. His approach is clear, musical, and full of humour. The evening will be bilingual English/German. For more information on David's music and teaching, see [www.davidkaetz.com](http://www.davidkaetz.com).

*- ist ein kanadischer Feldenkrais Lehrer, Musiker und Schriftsteller, der in Kanada und Europa tätig ist. Er ist Autor des Buches „Making Connections“ über die kulturellen und spirituellen Wurzeln von Moshé Feldenkrais. David ist ein humorvoller Workshopleiter, dessen Zugang klar und musikalisch ist. Siehe [www.davidkaetz.com](http://www.davidkaetz.com). Der Abend wird bilingual (Englisch/Deutsch) sein.*

## Please register:

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