



We
make
the impossible
possible,

the
possible
easy,

and
the easy
pleasant.

Moshé Feldenkrais

Introductory Workshop **INTELLIGENT MOVEMENT**

What is intelligent movement? It is elegant, harmonious, pleasurable, pain-free movement. It is excellent athletic performance. It enables everyday ease in posture and breathing. It signifies unity of brain, mind and body. You will feel rejuvenated. The gentle, yet impressively effective Feldenkrais Method enables you to achieve this by yourself.

In this workshop you will study with internationally renowned Donna Ray from the Feldenkrais Institute of Southern California. After the workshop Donna will be available for a questions-and-answers session about the Feldenkrais Training Program Wien that she will direct in Vienna starting in July 2019.

Sunday, February 10, 2019

from 15:00 – 18:00 p.m.

€ 60,- (reduction, e.g. for students: € 48,-),

incl. 20% VAT/ MwSt.

**FELDENKRAIS
INSTITUT
WIEN**

