



We
make
the impossible
possible,

the
possible
easy,

and
the easy
pleasant.

Moshé Feldenkrais

Introductory Workshop **JOYFUL LEARNING**

Through the Feldenkrais Method you can experience learning how to learn. Everyone can find the easiest way to learn according to their strengths and weaknesses. This is your chance to meet Feldenkrais Trainer and psychotherapist Donna Ray. Donna is a wonderful teacher known for her vitality, sensitivity and outstanding interdisciplinary competences. Along with introducing the Feldenkrais Method, you will understand “learning how to learn” by doing enjoyable easy-to-do Awareness Through Movement lessons. All of your questions will be answered, and you will be pleased to observe her effective hands-on Functional Integration lessons.

Sunday, September 30, 2018

from 15:00 – 18:00 p.m.

€ 60,- (reduction, e.g. for students: € 48,-),
incl. 20% VAT/ MwSt.

For questions and for your booking
please contact us:

Phone: +43 (0)699 1133 1043

E-mail: training@feldenkraisinstitut.at

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