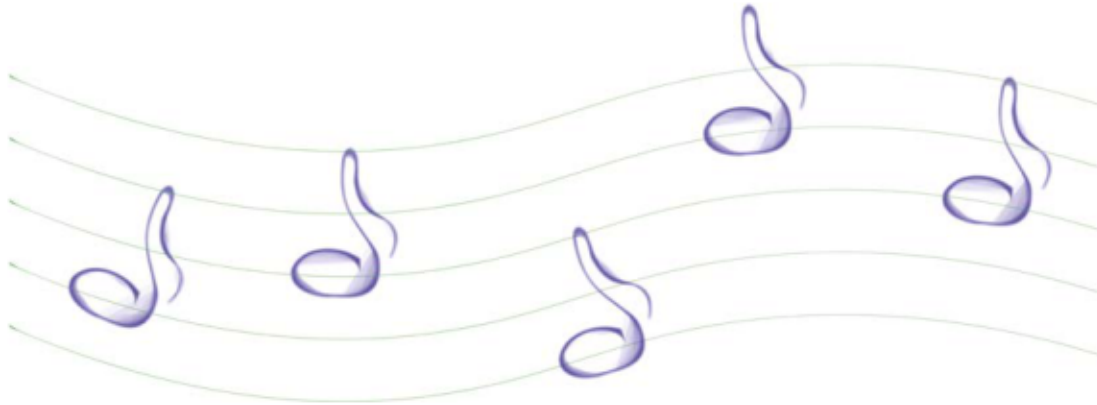


# Feldenkrais for Musicians – Fine-tune yourself

Friday, 1 December 2023, 15 – 18h

Learn to play your instrument with more ease, comfort, and power.



Deepen your relationship with yourself, and therefore with your instrument and music. Through the Feldenkrais Method, you will achieve a better understanding of yourself and how you play music. With easy and smooth movements, you will fine-tune yourself and improve your relationship with your instrument. Your music making will become joyful and easy with this deeper self-awareness.



**Anne Ristorcelli** was born and raised in the mountains of Nevada. Playing the viola since childhood, she received a Bachelor of Music from Oberlin Conservatory and a Master of Music from the University of Colorado, Boulder. While recovering from a playing-related injury during her professional career, Anne's journey with the Feldenkrais Method began. It was through the Feldenkrais Method that she regained the full ability and trust in herself and her relationship to her viola, to play again.

*"Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself." Moshé Feldenkrais*

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

**E-Mail:** [training@feldenkraisinstitut.at](mailto:training@feldenkraisinstitut.at)

**Tel.:** +43 (0) 699 1133 1043

**Workshop fee:** € 70,- (incl. USt./VAT)

Reduced (e.g. students): € 56,- (incl. USt./VAT)

The workshop will be taught in English.

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Es gelten unsere Allgemeinen Geschäftsbedingungen ([www.feldenkraisinstitut.at/agb](http://www.feldenkraisinstitut.at/agb)).