INVITATION to the Vienna FELDENKRAIS TRAINING

online & on site teaching
HYBRID
Participate from anywhere!

Are you interested in the Feldenkrais Training Program?
Then you are invited to join for an entire free day, as a guest.

Is the Feldenkrais Training Program for me?
Which study formats will I experience?
How does Educational Director Donna Ray teach?
Your day as a guest will serve to gain experience and to find answers to your questions.

You can join us *free of charge* as a guest for an entire training day between January 29 and February 6, 2027 or between February 19 and February 27, 2027.

The Feldenkrais Method is best understood when experienced. Just like the training process to becoming a Feldenkrais Practitioner is full of amazing self discovery and gentle somatic learning experiences.

The **Educational Director and Trainer is Donna Ray**, M.A., M.F.T.
Donna is a highly knowledgeable, internationally known Feldenkrais Trainer. Her experience includes more than 40 years of teaching. Donna has a Master's degree in Psychology, is licensed as a Marriage, Family and Child Therapist In the USA. In-depth knowledge of Interpersonal Neurobiology, Mindfulness Training, Ericksonian Hypnotherapy, EMDR and expressive arts informs her teaching. Donna Ray loves seeing people learn healthy ways of living that can transform their lives. Her students especially appreciate her warm presence, vitality, sensitivity and interdisciplinary competences.

The Feldenkrais International Training Program comprises of 40 days in-class per year. This Training Program is internationally accredited and our certificates are recognized anywhere in the world. Read up on the professional Feldenkrais Training Program in Vienna, Austria: www.feldenkraisinstitut.at/training

Register for for your free guest day
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Please reserve your spot in time!

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