

INTELLIGENT MOVEMENT

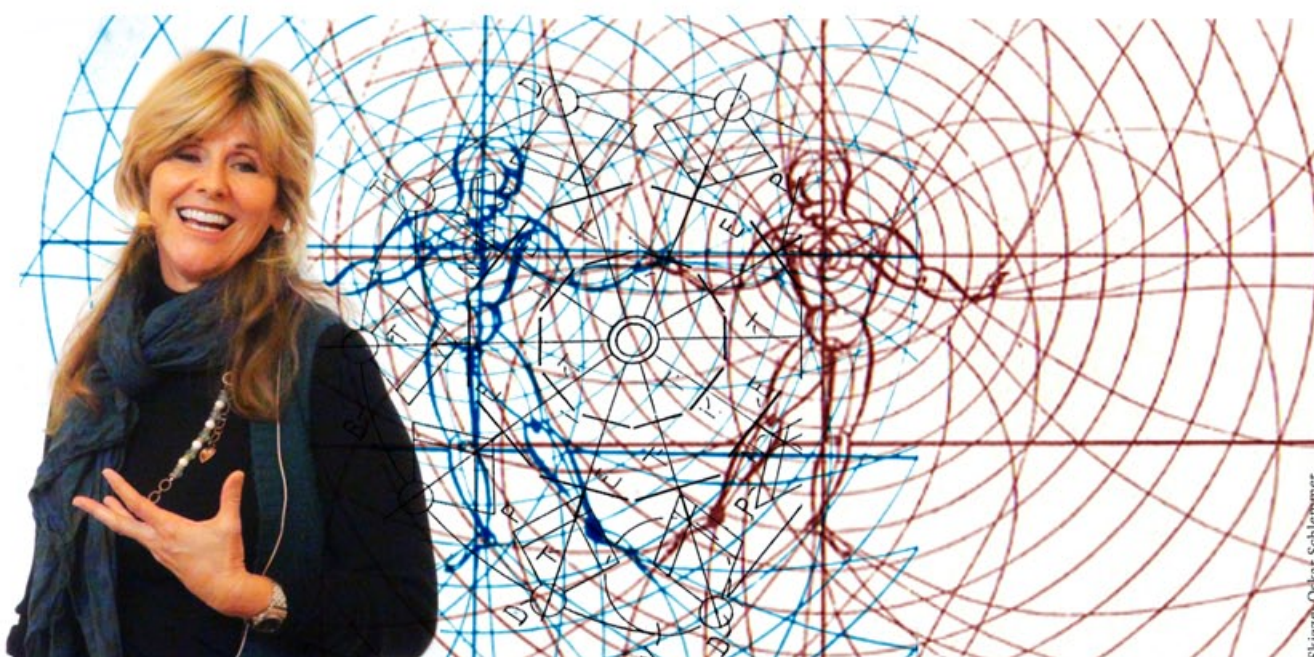
Feldenkrais Introductory Workshop

with Donna Ray (USA) November 22, 2015

**FELDENKRAIS
INSTITUT
WIEN**
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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 that she is directing in Vienna.



Skizze: Oskar Schlemmer

Donna Ray, M.A., M.F.T.,

is an internationally known trainer in Feldenkrais Training Programs in North- and South America, Japan and Europe. Donna is a psychotherapist and interpersonal neurobiology presenter and imparts knowledge and experience from her 30 years of practice with tremendous vitality and insight. Donna has worked with creative and talented people at the highest level including professional athletes, singers, musicians and actors. People of all ages recovering from accidents and illness, anxiety and depression benefit from her unique approach. She loves seeing people learn healthy ways of living that can transform their lives. Her students especially appreciate her warm presence, sensitivity and interdisciplinary competences.

Donna leads the educational team of the Feldenkrais Training Program in Vienna.

Sunday, November 22, 2015

15.00 - 18.00

Price: € 60,- (incl. 20% VAT/MwSt.)

€ 48,- (incl. 20%) for students.

Teaching language will be English.

www.feldenkraisinstitut.at

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

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