

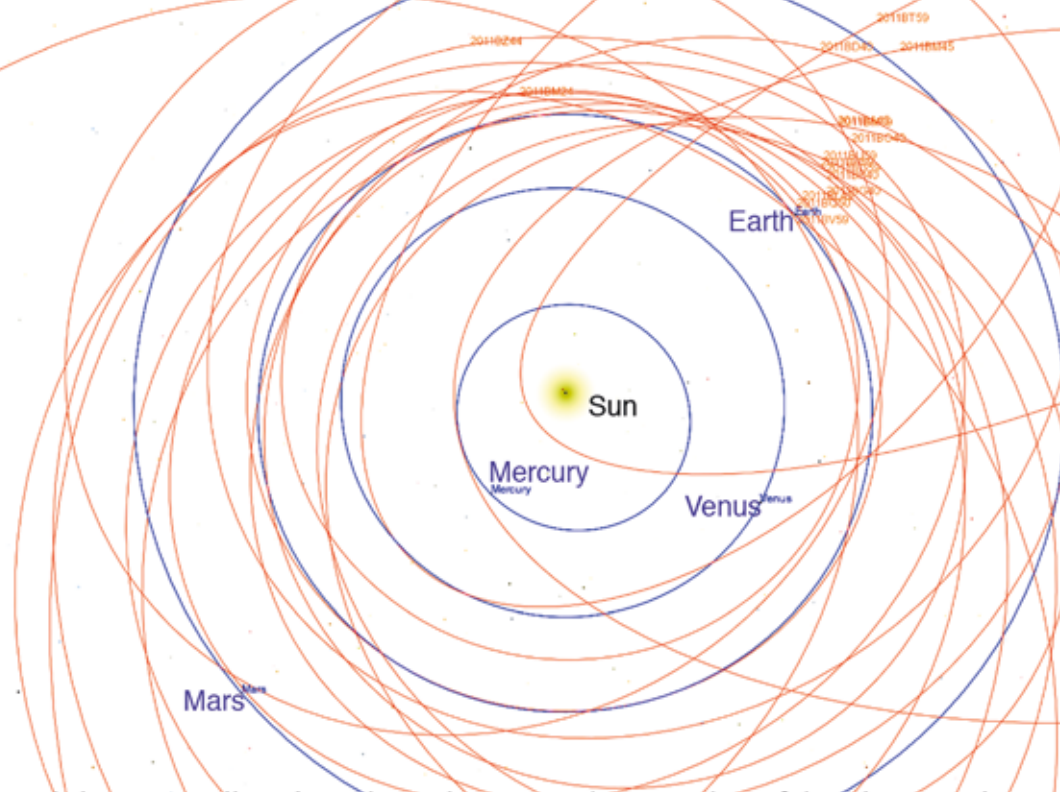
INTELLIGENT MOVEMENT

Feldenkrais Introductory Workshop

Sascha Krausneker October 15, 2016

**FELDENKRAIS
INSTITUT
WIEN**

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 Sascha Krausneker, member of the educational team of the upcoming *Feldenkrais International Training Program Wien 2017*. You will experience the Feldenkrais Method in its two classic forms: Awareness Through Movement and also hands-on Functional Integration. After the workshop Sascha will be available for a questions-and-answers session about the Feldenkrais Training Program in Vienna.

Sascha Krausneker

is a certified and licensed Feldenkrais Practitioner and co-founder of the Feldenkrais Institut Wien. Sascha has been teaching the Feldenkrais Method since 2002 in various contexts nationally and internationally. He has a background in dance, theatre and sports and has worked on integrating the Feldenkrais Method into contemporary dance.

Sascha is the continuity Assistant Trainer in the upcoming Feldenkrais Training Program *Wien 2017*. That means he will be present in all segments and co-coordinate the educational team together with Educational Director Donna Ray.

He conducts a private practice for individual lessons as well as groups in Vienna, Austria.



Saturday, October 15, 2016, 10.00 - 16.30

Price: € 120,- (incl. 20% VAT/MwSt.)

€ 90,- (incl. 20%) for students.

If you apply for the upcoming Feldenkrais Training Program the fee of the workshop will be refunded and you attend free of charge.

Teaching language will be English.

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

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