

# JEFF HALLER LEARNING SELF-ORGANIZATION VIENNA

**EARLY-BIRD  
APPLICATION  
DEADLINE:  
Feb 28, 2026**

**June 25 - 30, 2026**

## FELDENKRAIS ADVANCED TRAINING with JEFF HALLER, Ph.D. in Vienna



This Advanced Training investigates the inner workings of the Feldenkrais Method and biological principles that are foundational to the work. It specifically explores Moshe Feldenkrais' statement from the San Francisco training, in which he said:

**„I can lift  
a person's head  
without changing  
the tone  
in my arms.“**

*Dr. Moshe Feldenkrais*

We investigate principles of movement and self-organization that provide you with specific criteria and a practical path towards greater competency in the work.

**The advanced training is taught in English.**



### DIVE DEEPLY INTO FUNCTION AND BECOME THE SUPPORT YOU SEEK:



- **Unique opportunity to meet Jeff Haller in Europe;**
- **Don't miss out on refining and deepening your skills to a higher level;**
- **5 days of deep dive + 1 extra day for FI - Lessons;**
- **EARLY BIRD DISCOUNT until end of February 2026;**

### Through this Advanced Training you will discover how to:

- Support yourself and work with proportional, equal distribution of tone;
- Clarify the role of your skeleton in support;
- Improve your ability to listen to what your client communicates when you touch them;
- Improve the quality of your touch;
- Give higher-quality FI lessons;
- Improve your comfort while working;
- Take what you have learned in Awareness Through Movement on the floor into active upright movement;
- Create an environment in which your own support supports your FI students;



## JEFF HALLER, Ph.D.

**Feldenkrais Trainer (U.S.A)**

Jeff Haller, Ph.D. is a world-renowned Feldenkrais Trainer. He regards the Feldenkrais Method as a pathway to the inner composure necessary for living creative life in a challenging world.

Jeff studied directly with Dr. Moshe Feldenkrais. Since 1993, Jeff's primary focus has been to train Feldenkrais Method teachers. He has been the Educational Director of 10 trainings. He has taught around the world, while sustaining an extensive private practice in Bellevue, WA.

Jeff was a university-level basketball player at Oregon State University when he first encountered the Feldenkrais Method. He graduated from the Feldenkrais Professional Training Program in Amherst, MA, in 1983.

From 1984-1991 his studio offered classes in Feldenkrais, Aikido, Yoga, Tai Chi and meditation. Jeff's background includes an MA in Intercultural Education, a PhD in Transpersonal Psychology, and over 20 years of study in Aikido.



## LEARNING SELF-ORGANIZATION JUNE 25 - 30, 2026 VIENNA

Dates | Times | Location

#### Schedule

**Day 1:** June 25, 2026 12.30 - 18.00  
**Day 2:** June 26, 2026 9.30 - 16.30  
**Day 3:** June 27, 2026 9.30 - 16.30  
**Day 4:** June 28, 2026 9.30 - 16.30  
**Day 5:** June 29, 2026 9.30 - 16.30

**Extra Day for FI Lessons with Jeff:**  
**Day 6:** June 30, 2026 9.30 - 16.30

More information about FI Lessons: after registration

**Lunch Break:** around 12.30 - 14.00

#### Location

**FELDENKRAIS INSITUT  
WIEN**

**Taborstrasse 71/1a  
1020 VIENNA  
AUSTRIA**

**Apply today and save your place!**

### Course Fee

#### EARLY BIRD OFFER

\$880 USD if paid by February 28th, 2026

#### REGULAR COURSE FEE

\$1000 USD if paid after February 28th, 2026

**Feldenkrais First members: \$825 USD**

Costs includes 10% nonrefundable deposit. For cancellations after May 15th, the whole fee will be owed, unless a substitute participant is found.

#### Application via Feldenkrais First:

<https://www.feldenkraisfirst.com/learning-self-organization-vienna-2026>

This Advanced Training can serve as a prerequisite for the **IOPS ACADEMY**, Jeff Haller's graduate-level program for Feldenkrais practitioners, coming to **Vienna in 2027**. Registrants to this „Learning Self-Organization“ Advanced Training receive an extended early-bird deadline and priority registration for the IOPS ACADEMY.

### Preview 2027:

## JEFF HALLER IOPS ACADEMY VIENNA

**SAVE  
THE  
DATES!**

**IOPS = Ideal Organization +  
Profound Strength**

**Graduate-level Programm for Feldenkrais  
Practitioners**

#### THE IOPS ADVANTAGE

• **Foundation of Ideal Organization and Profound Strength**  
The program offers you Jeff Haller's focused perspective and a deep understanding of function and functional strength. You will learn to communicate a clear precise image of human function.

• **Unified and Cohesive Curriculum**  
You will study the theme of ideal organization and profound strength and how to develop it in yourself and in your clients - from many different functional perspectives.

Two rich and intense in-person segments in Vienna alternate with interactive online classes. Between the live segments, you'll use video recordings and online classes to study, investigate and practice.

#### DATES | LOCATION

#### Segment 1

**January 2 - 12, 2027**  
In-Person, Vienna

#### Online Sessions

**February - May, 2027**  
4 Online Classes

#### Segment 2

**June 17 - 28, 2027**  
In-Person, Vienna

#### Location:

**FELDENKRAIS INSTITUT WIEN**  
Taborstrasse 71/1a, 1020 Vienna

#### Organization | Information | Registration

### Feldenkrais First

See website for prerequisite details:

<https://www.feldenkraisfirst.com/learning-self-organization-vienna-2026>



Please contact me if you need assistance.

**Gudrun Esterer | Vienna: [feldenkrais@gudrunesterer.com](mailto:feldenkrais@gudrunesterer.com)**