

# RETURN TO NATURAL HEARING:

## Listening With Your Whole Body™

Workshop with David Kaetz in Vienna

March 16 – 17, 2019

In this workshop you are invited to return to a fully embodied mode of listening, the one for which evolution has prepared us. With your own resources you can learn how to:

- listen to yourself, others, and nature more effectively;
- improve your own hearing;
- overcome perceptual disorders;
- get more pleasure from music;
- protect your hearing from environmental damage.

Just as vision involves more than the eyes, listening involves more than the ears. It is a multidimensional process, where movement, touch, vision, breath, attention, attitude, thought, emotion, context, and relationship all have parts to play.

Becoming more aware of how we use ourselves to listen can lead to surprising and delightful improvements.

Listening with Your Whole Body™ is based on the Feldenkrais Method, the practice of mindfulness, ancient and modern acoustical research, neuroscience, and a life in music.

This workshop will benefit musicians, teachers, therapists, health professionals and everyone else who would like to refresh, reintegrate, and enrich his or her auditory experience.



---

Saturday, 16 March 2019, 10.00 – 16.30

Sunday, 17 March 2019, 10.00 – 16.30

Workshop fee: € 220,- (inkl. MwSt./VAT), reduced (e.g. students): € 180,-

The workshop will be taught in English, with explanations in German where needed.

**David Kaetz** is a musician, a Feldenkrais teacher, and the author of the book *Listening with Your Whole Body*, which sets out the principles and premises of a somatic approach to audition. His other books include *Making Connections*, on the cultural and spiritual background of Moshé Feldenkrais and his work, and *The Ezekiel Code*, which explores the archetypes of healing and integration. More information: [www.listeningwithyourwholebody.com](http://www.listeningwithyourwholebody.com).

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

Tel.: +43 (0)699 1133 1043

e-mail: [training@feldenkraisinstitut.at](mailto:training@feldenkraisinstitut.at)

Feldenkrais Institut Wien

1020 Vienna, Taborstraße 71/1a

**FELDENKRAIS  
INSTITUT  
WIEN**