

Feldenkrais Institut Wien proudly presents

MASTERING THE METHOD

Advanced Training with Larry Goldfarb
June 25 – 29, 2014, Vienna

Studying the Feldenkrais standards and masterpieces is an excellent path to developing mastery. In the lexicon of Functional Integration (FI) lessons, there are classic structures and strategies that are so consistently effective, so remarkably reliable, that we count on them to facilitate learning.

Larry Goldfarb offers a multi-dimensional map of one such archetypal lesson plan. In a careful and complete manner, this module of *Mastering the Method* offers all you need in order to add this lesson plan to your personal repertoire. This FI is designed specifically to dramatically re-balance flexor-extensor tonus. Not only does Larry teach the necessary techniques but more importantly, he discloses the logic of the lesson, revealing exactly how each step contributes to the learning process. Exploring how to take the lesson into life, you discover its potential for meaningful change: making standing dramatically more comfortable, altering gait, and developing better balance.

Mastering the Method offers you the opportunity to:

- Become skilled at new hands-on techniques while refining familiar ones.
- Understand the how & why of each step in the lesson choreography.
- Take better care of yourself, improve your self-use.
- Refine the touch that teaches.
- Uncover and utilize the integrity of “the movement behind the lesson.”
- Adapt the lesson to the student, not vice-versa.
- Promote the transfer of learning into daily life.

Larry Goldfarb, Ph.D.,

is a multimedia author, movement scientist and pioneering Feldenkrais teacher and trainer. He was a student and colleague of Heinz von Foerster and is the founder of *Mind In Motion*. Larry is currently the Educational Director of the 4th Amsterdam International Feldenkrais Teacher Training. He offers practitioner supervision, advanced trainings, and mentor training programs. He is engaged in developing online resources and committed to developing the international community of Feldenkrais teachers and students. Larry is known for his ability to demystify the method and for his interest in each student’s learning.



*If I cannot do great things,
I can do small things in a great way.*
— MARTIN LUTHER KING JR.

**FELDENKRAIS
INSTITUT
WIEN**

Wednesday – Sunday, June 25 – 29, 2014
Wed, Thu, Fri 13.30 – 19.00
Sat, Sun 10.00 – 17.00

Price: € 550,- (incl. 20% VAT/MwSt.)

We offer an early bird reduction of € 50,-
if you register before January 25, 2014.

Teaching language will be English.
Limited number of participants.
Please register before May 25, 2014.

Please transfer to: Feldenkrais Institut Wien OG,
Erste Bank, 20111, Account Nr.: 288 508 746 00
BIC: GIBAATWW, IBAN: AT15 2011 1288 5087 4600
Reason for transfer: Goldfarb 2014

Registration

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This was the most effective Feldenkrais teaching that I've ever experienced. For years I felt sure that it could all be shown more simply and explained more clearly and you have proved to me that that is so.

— FELDENKRAIS PRACTITIONER, USA

If you have any questions about this Advanced Training please contact us. We are looking forward to hear from you!

www.feldenkraisinstitut.at