



# Larry Goldfarb

2015 – 2016 in Vienna

## THE TRILOGY

### Advanced Training

He who would learn to fly one day  
must first learn to stand  
and walk and run and climb and dance;  
one cannot fly into flying.

*Friedrich Nietzsche*

**FELDENKRAIS  
INSTITUT  
WIEN**  
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The Trilogy with Larry Goldfarb is composed of 3 modules that need to be booked together and one follow up that can be booked separately:

*The Trilogy modules I – III:*

- Module I: September 16 – 20, 2015
- Module II: May 25 – 29, 2016
- Module III: October 5 – 9, 2016

*The Trilogy - follow up:*

- April 27 – May 1, 2017

In Vienna, we offer one special follow up module to anyone who has completed The Trilogy. You can book the follow up separately, either as a concluding event to your three Vienna modules or as an addition if you have already completed a Trilogy or graduated from one of Larry's teacher trainings.

Teaching times in all modules:

Wed: 12.30 – 17.00, Thu: 12.30 – 18.00

Fri, Sat & Sun: 10.00 – 17.00.

(on Monday, May 1, 2017: 10.00 – 17.00)

Teaching language is English.

Price: € 570,- (incl. 20% VAT/MwSt.)

for each 5-day module of The Trilogy.

Please register soon. At registration you will be asked to transfer € 120,- in order to reserve your place. The tuition for each module needs to be paid 2 months prior to its start.

Contact us anytime if you have questions. We are looking forward to hearing from you!

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Larry Goldfarb

Larry Goldfarb is an exceptional Feldenkrais Trainer: highly educated and intellectual he is simultaneously a fun, straightforward and collegial teacher who enjoys nothing more than building confidence through competence.

Keeping with his commitment to demystify the method and to empower teachers, Larry has continued to map the territory of recovering and refining human capabilities. He has understood that teaching teachers needs more and different approaches and has accomplished creating this opportunity – The Trilogy.

Over the past 23 years Larry Goldfarb has taught The Trilogy 40 times to over 1,000 Feldenkrais teachers in eleven countries on three continents, making it the most popular advanced training ever.



## **Bridging the Gap**

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*The Trilogy, module I,  
September 16 – 20, 2015*

How do we teach so that our students can understand and use what we have to offer?

There is, for many of us, a gap between what we do and what we say. In this first module Larry presents ways of spanning this rift between moving and speaking, doing and explaining.

You learn SPIFFER – a clear-cut model for observing and understanding movement – and apply it to evaluating students, analyzing and teaching ATM lessons, and giving FIs.

This model offers an unambiguous understanding of your students' problems and greater precision in responding effectively to them.

## **Inside Touch**

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*The Trilogy, module II,  
May 25 – 29, 2016*

What makes your touch unique and effective?

In this module, we get down to the basics – including skeletal contact, directional touch, kinesthetic conversation, the listening hand, and tactile tracking – from an advanced perspective. You refine and deepen your ability to connect with students by exploring the strategies, tactics, and techniques that comprise Functional Integration lessons.

Larry will also teach ATM lessons in which you can examine the relationship of the hand and arm to the center, explore how you engage in touch and consider the influence of your self-use on your efficacy.

You will deepen your understanding of how touch teaches.

## **A Course of Change**

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*The Trilogy, module III,  
October 5 – 9, 2016*

Why are some lessons so potent that we feel deeply touched and can perceive our possibilities and ourselves anew?

In this module we examine the structure and flow of a lesson, investigating how the teacher composes a series of events that engages curiosity and invites the student to learn.

## **Learning Beyond the Lesson**

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*The Trilogy - follow up,  
April 27 – May 1, 2017*

Being a good teacher means more than giving effective lessons – it requires knowing how to support the student's learning over time.

In this module, we will identify the archetypical phases of successful learning and address how to prepare students for the inevitable return of the habit.

You will come to understand and utilize the relationships between meaningful action, global movement patterns, and the biomechanical underpinnings of motion to create real change.

You'll discover what interferes with the transfer of learning and the best strategies for creating learning that lasts.