

Start-up Workshop! Meet Donna Ray.
Experience the potentials of the Feldenkrais Method.

Turn **STRESS** into Calmness

**with gentle Awareness Through Movement
Public Workshop with Donna Ray, MA**



February 12, 2023

Imagine for a moment to go fast without hurrying, to breathe easy while you are in action. Chronic anxiety and pain are linked to how you respond to daily stress. Imagine doing what you do with less physical and mental effort. This is a learnable skill. Awareness and gentle movements are the path.

Easy to do Feldenkrais movement lessons can reorganize your body and mind. Learn to replace faulty habits with new ways of behaving effortlessly. Learn to shift to calm inner peace, enjoy life, increase pleasure, and the ability to connect with others. Once learned, this can be practiced anywhere, anytime. Join us, it's easy to do!

**Sunday, February 12, 2023
15:00 - 18:00**

**Workshop fee: € 60,- (incl. USt./VAT),
reduced (e.g. students): € 48,-**

The workshop will be taught in English. Hybrid/online participation is possible.
If you join our Feldenkrais International Training Program, this workshop will be free of charge.

Please contact us with any question you might have and to register:
Tel.: +43 (0)699 1133 1043
E-mail: training@feldenkraisinstitut.at
www.feldenkraisinstitut.at

Donna Ray, M.A., M.F.T., is a highly experienced Feldenkrais Trainer. She teaches internationally and has done so for over 40 years. Donna is the Educational Director of the Feldenkrais International Program at *Feldenkrais Institut Wien*. With a Master's degree in Psychology, licensed as a Marriage, Family and Child Therapist, she integrates her interdisciplinary expertise in her teaching. In-depth knowledge of Interpersonal Neurobiology, Mindfulness Training, Ericksonian Hypnotherapy, EMDR and Expressive Arts informs her teaching as well.

Over the past 40 years, Donna has maintained an active private practice working with infants to the elderly. She sees clients with neurological disorders, pain, anxiety, depression, PTSD as well as performance excellence issues. Donna directs the *Feldenkrais Southern California Movement Institute*. She can be reached at DonnaRay.com.

**FELDENKRAIS
INSTITUT
WIEN**