

## Start-up Workshop!

Meet Donna Ray. Experience the potentials of the Feldenkrais Method.

# Emotional Integration the Feldenkrais Way

Public Workshop with Donna Ray, July 3, 2022

*Movements and emotions are intertwined.*

*You can sense your throat tightening when you are very sad.*

*You feel getting hot when you are angry.*

*And how did the butterflies land in your stomach, anyway?*

Join Donna Ray in an afternoon workshop to understand how you can change your mood through movement. Together, you will explore the relationships between sensations, emotions, thoughts and actions. This way, you can take charge of yourself and your vitality through movement.

The Feldenkrais Method was developed as a way to deeply know yourself through gentle, easy movement. This workshop will give you the opportunity to experience yourself in a new way and you will probably have a better understanding of yourself, knowing what you can do to feel well, calm and at ease.

**Donna Ray, M.A., M.F.T** is a highly experienced Feldenkrais Trainer. She teaches internationally and has done so for 30 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 35 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 Institut. She can be reached at [DonnaRay.com](http://DonnaRay.com)

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Sunday, July 3, 2022, from 15:00 to 18:00

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Workshop fee: € 60,- (incl. MwSt./VAT), reduced (e.g. students): € 48,-  
If you join our Feldenkrais International Training Program, this workshop will be free of charge. The workshop will be taught in English.

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)

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