

## Start-up Workshop!

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



# Moving Out Of Pain

Public Workshop with Donna Ray, MA

May 21, 2023



The Feldenkrais Method is a revolutionary approach, addressing all types of movement difficulties. With small, easy, gentle movements we retrain the brain so we can move without pain and discomfort. The movements create awareness and movement options that become readily available in daily functions. Please come and enjoy the process of learning and self-care to create ease and pleasure in your daily life.

**Donna Ray, M.A., M.F.T.**, is a highly experienced Feldenkrais Trainer. She teaches internationally and has done so for 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](http://DonnaRay.com).

**Sunday, May 21, 2023**

**15:00 – 18:00**

**Workshop fee:** € 60,- (incl. USt./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. Hybrid/online participation is possible.

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

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