

Start-up Workshop!

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

Moving Out Of Pain

Public Workshop with Donna Ray, MA

March 6, 2021



The Feldenkrais Method is a revolutionary approach, addressing all types of movement difficulties. With small, easy, gentle movements we retrain our 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 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

Saturday, March 6, 2021, from 15:00 to 18:00

Workshop fee: € 60,- (inkl. MwSt./VAT), reduced (e.g. students): € 48,-

If you join our Feldenkrais Training Program „Wien 2021“, this workshop fee will be free of charge.

The workshop will be taught in English.

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

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