

# Rocking and Rolling: Using large movements in Functional Integration

Feldenkrais Advanced Training with Elizabeth Beringer

27 – 30 March 2025, Vienna

This advanced training will aim towards empowering the participants to expand their repertoire into new territory. Specifically, we will work with integrating challenging positions and large movements through space into our practice.

In addition, we will explore how to construct learning opportunities from transitional situations and in unusual relationships to gravity. Throughout the course we will look for ways of adding dimensionality to the learning on the table. Both creativity and self-use will be major themes. As we follow the self-use thread, the larger lessons will be complemented with some quieter work helping to develop a foundation for ease within the larger and more complex movements.



**Elizabeth Beringer** has been involved with the Feldenkrais Method for over 40 years, having trained directly with the founder, Dr. Moshe Feldenkrais, in both the U.S. and Israel. She has maintained a diverse private practice, applying the Feldenkrais approach to clients with severe movement limitations, seniors, musicians, children, and those in chronic pain. Elizabeth has also extensively worked with athletes, martial artists, and dancers, known for her ability to apply the Method in dynamic situations. Currently, Elizabeth is primarily involved in the training of new practitioners. She travels extensively, teaching postgraduate programs and leading training sessions for new teachers. Additionally, she directs teacher training programs in the UK, Switzerland, and the US. Elizabeth divides her time between San Diego, California, and Zurich, Switzerland.

## Teaching times:

Thursday 14:00 – 18:00

Friday, Saturday and Sunday 10:00 – 17:00

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

**E-Mail:** [training@feldenkraisinstitut.at](mailto:training@feldenkraisinstitut.at)

**Tel.:** +43 (0) 699 1133 1043

**Workshop fee:** € 520,- (incl. 20% USt./VAT)

The workshop will be taught in English.

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