

Enrich your life and the lives of others!

Develop expertise in Emotional and Functional Integration

Feldenkrais Advanced Training with Donna Ray

3 – 6 October 2024, Vienna



Experience emotions as integrators, communicators and motivators. Become aware of sensory excitation pertaining to state shifting and personal narrative. One change in your movements, emotions, thoughts, perceptions and actions changes everything simultaneously.

With ATM and FI, we will explore high level distinctions of the teleceptors. Including the organization of the spine, refinement of the carriage of the head, movements of the jaw, mouth, tongue and eyes. By making highly granular observations, you will benefit personally, relationally and professionally. Imagine the richness of describing a moment in time from many different points of view.



“The ability to observe without evaluating is the highest form of intelligence”

Jiddu Krishnamurti



Donna Ray, LMFT, Feldenkrais Trainer, Educational Director.

Donna is a highly knowledgeable, internationally known Feldenkrais Trainer. Her experience includes more than 40 years of teaching and maintaining a private practice. Her interdisciplinary expertise, includes, in-depth knowledge of Interpersonal Neurobiology, Ericksonian Hypnotherapy, EMDR, Mindfulness Training, and expressive arts. She works with infants to the elderly, seeing clients with neurological disorders, pain, anxiety, depression, PTSD as well as performance excellence. Donna loves seeing people learn healthy ways of living that transform their lives. Her students especially appreciate her warm presence, vitality, sensitivity and interdisciplinary competences.

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

Tel.: +43 (0) 699 1133 1043

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

The workshop will be taught in English.

Feldenkrais Institut Wien

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