

Unlocking The Spinal Engine

Advanced Training with Larry Goldfarb

6 – 9 June 2024 in Vienna

This comprehensive workshop builds on the pioneering Spinal Engine model proposed by physicist Serge Gracovetsky. Rather than concentrating solely on leg movements, this concept takes a systemic, whole-body perspective on human gait that aligns with and expands upon our Feldenkraisian understanding of upright locomotion.

We start by developing your understanding of the spinal engine conceptually and through direct sensory experience. Once you feel how this propelling force is generated, you will understand how it works and why it is essential.

We also investigate how a common habit obstructs the spinal engine's propulsive force, limiting our natural ease of movement. We then unpack an entire Functional Integration lesson tailored to unravel this compulsive holding, helping you to:

- Transform the beginning of the session into a moment of co-discovery.
- Understand and utilize the core strategy.
- Practice and hone the specific techniques it relies on.
- Develop the necessary skills and self-use.
- Discover how to foster integration and carry-over.

Relevant Awareness Through Movement lessons will complement the training, helping you embody the FI from the inside out. Larry will monitor your progress to provide ongoing support and individual coaching. With ample time to explore and improve, this workshop will equip you to unlock the capacity for ease within yourself and others.



Lawrence Wm. Goldfarb, CFT, MSME, Ph.D. (University of Illinois, Urbana-Champaign, 1995) is a movement scientist, certified Feldenkrais® trainer, pioneering practitioner, and multimedia author known for articulating the thinking behind Moshe's method. Besides directing and teaching in teacher trainings and postgraduate programs in Europe, Australia, and North America, he founded Mind in Motion and mindinmotion-online.com. Engaging and intellectually rigorous, Larry is simultaneously a fun, straightforward, and collegial teacher who enjoys nothing more than building confidence and fostering competence.

Registration:

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

Teaching language: English

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Teaching times:

Thu 13:00 – 17:00

Fri/Sat/Sun 10:00 – 17:00

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