

creating ATMs ... inventing FIs

Advanced Training with Alan Questel

March 19 - 22, 2015

FELDENKRAIS
INSTITUT
WIEN
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This is an Advanced Training for Practitioners who like to have a free mind and are curious to experiment with their knowledge and skills. Creating ATMs and inventing FIs are the most challenging aspects of our work. They are also some of the most absorbing, imaginative and fulfilling experiences we can have.

Through understanding the relationships between ATM and FI, we will uncover and develop their structures, contexts, functional- and metaphorical themes and find our way towards the creation and invention of new lessons.



Alan S. Questel is known for his clarity, creativity and down to earth style of teaching - while bringing a depth of understanding, humor and a gentle human perspective to learning the Method. Trained by Dr. Feldenkrais, he teaches in Feldenkrais Professional Training Programs in the USA, Australia, Europe, Japan and South America. He is the author of *Creating Creativity* and creator of *Pregnant Pauses – Movement for Moms* as well as numerous Feldenkrais Awareness Through Movement CD sets for the public. His current trainings are in Sweden, Colombia and in Santa Fe, New Mexico. Alan is also on the team of trainers in „Wien 2015“.

Thursday - Sunday, March 19 - 22, 2015
Thu 13.30 - 18.00, Fri/Sat/Sun 10.00 - 17.30
Price: € 440,- (incl. 20% VAT/MwSt.)
Teaching language will be English.
Please register before February 19, 2015.

Registration
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