

Start-up Workshop!

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

Change Your Mood Improve Your Well-Being

Workshop with Donna Ray
July 13, 2025



Information and experience give us the power to change our mood. Movement, self-care and neuroplasticity give us the chance to have a good day; the good days add up to an enjoyable life. Awareness Through Movement lessons – the gentle, slow and informative Feldenkrais approach - create emotional integration and support you in shifting your state. And you can turn the new state into a reliable trait of your very own.

Join us and experience this remarkable process. Changing your mood is a learnable skill.

Donna Ray, M.A., M.F.T is a highly experienced Feldenkrais Trainer. She teaches internationally and has done so for over 40 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 40 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

Sunday, July 13, 2025, from 15:00 to 18:00

Workshop fee: € 70,- (incl. USt./VAT), reduced (e.g. students): € 56,-

If you join our Feldenkrais International Training Program, this workshop 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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