

Integrated & Unified

Embodied Anatomy meets 21st Century Science

A Workshop in the Feldenkrais Method, Anatomy and biotensegrity
for Practitioners and the Public with Anastasi Siotas

20 – 23 November 2025, Vienna

Discover a unified theory of organic movement that redefines our understanding of anatomy and the Feldenkrais Method.



Over a decade ago, Anastasi was inspired by Dr. Stephen Levin's groundbreaking theory of biotensegrity, which led to a paradigm shift in his teaching. This workshop explores the history and unifying concepts of Levin's theory and integrates these ideas through concrete experiential activities, including model construction. Anastasi aims to enhance your anatomical understanding and teaching in practices such as Feldenkrais, Yoga, Dance, Pilates, and more. We will examine foundational ideas from pioneers like Buckminster Fuller and Moshe Feldenkrais as well as contemporary thinkers like Robert Schleip, Graham Scarr, and John Sharkey.

This workshop offers a new platform for personal exploration in movement, helping you live more comfortably in your own skin.

Anastasi Siotas is a Trainer Candidate in the Feldenkrais Method. He has a private practice in Manhattan, NY, and has worked in Feldenkrais Training programs across the USA, Asia, and Europe. Starting his career in Melbourne, Australia, as a researcher in Marine Plant Cell Biology and as a Modern Dancer, Choreographer, and Director, Anastasi moved to New York in 1997 where he trained in Kinesthetic Anatomy with Irene Dowd, studied Movement Analysis at the Laban/Bartenieff Institute, and completed a Masters Certification in NLP. He continues to explore the emergent concepts of biotensegrity and integrates developments in the field into his teaching of Experiential Anatomy and Kinesiology.



Teaching times:

Thursday 14:00 – 18:00

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

Registration:

E-Mail: training@feldenkraisinstitut.at

Tel.: +43 (0) 699 1133 1043

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

Teaching language: English

Location: Feldenkrais Institut Wien, Taborstraße 71/1a, 1020 Wien

www.feldenkraisinstitut.at

Our General Terms and Conditions apply, www.feldenkraisinstitut.at/gtc.

**FELDENKRAIS
INSTITUT
WIEN**