

The Artificial Floor

An Advanced Training with Larry Goldfarb | 26 – 30 November 2020

In this Advanced Training, you'll improve your ability to help your students walk well by:

- **Determining what makes standing and stepping effortless.**
- **Sharpening your observational abilities.**
- **Mastering the moves that make up the lesson.**
- **Tapping into the foot's influence on the whole body.**
- **Applying this know-how skillfully, with and without a footboard.**
- **Upgrading your hands-on skills, self-use, and teaching acumen.**
- **Becoming a better Functional Integrator.**

Revisit one of the classic FI compositions from an advanced perspective. Larry will walk you through the techniques, step-by-step, as he reveals exactly how they fit together to lesson elicit the neuroskeletal underpinnings of upright locomotion. You'll learn the essential skills incrementally, getting enough time to practice each one before weaving them together. That means that learning the FI becomes a laboratory for developing your dexterity, improving your whole body coordination, and refining the listening touch.

Larry accompanies your learning process so he can offer timely individual feedback and provide the personal guidance and support you need. Gradually, through demonstrations, explanations, hands-on practice, ATM lessons, and other experiences, the lesson becomes yours.

Once you understand the thinking behind this lesson, Larry will show you how the same strategy can generate ideas for other FIs. You will explore ways of working hands-on with the foot based on other intrinsic configurations of the foot and discover other equally effective and practical ways to evoke easy, efficient, enjoyable walking.

About Larry Goldfarb, Ph.D.:

Larry's interest in walking well grew directly from his longtime fascination with — and study of — human locomotion. Since childhood, this project has occupied him as a wandering wonderer, intrepid somanaut, and, starting in late adolescence, occasional walking meditator. Larry's interest inspired him both academically as a movement scientist, a reluctant researcher, and the author of a dissertation entitled Understanding Standing as well as professionally in the rehabilitation department of the California College of Podiatric Medicine (and other physical therapy clinics in the San Francisco Bay area) and in his more than 35 years in private practice.

NEW TRAINING TIMES, see page 2!

€ 570,- (incl. 20% MwSt./VAT)

The Artificial Floor will be taught in English. Apart from being a Feldenkrais Teacher or trainee, there are no prerequisites for enrolling. Even though this course is part of Mind in Motion's Mastering The Method (MTM) program, you can participate even if you have not attended any previous MTM modules.

Please contact us if you have any questions about this course and when you are ready to sign up:

Feldenkrais Institut Wien
1020 Vienna, Taborstraße 71/1a
+43 (0)699 1133 1043
training@feldenkraisinstitut.at
www.feldenkraisinstitut.at

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This Advanced Training will be offered in a hybrid format.

If current regulations allow it, you may attend **in person** at the Feldenkrais Institut Wien and practice with colleagues. Alternatively, you may attend **via zoom**.

Teaching times will be the same for on site and for zoom participants.
You can also smoothly transfer from attending in person to attending via zoom and back.

Larry Goldfarb will be teaching via zoom.
Sascha Krausneker and Joy Ackwonu will assist Larry on site at Feldenkrais Institut Wien.

New, adapted teaching times:

Thursday, 26 November
Class from 15:00 to 19:30.

Friday 27 November
Saturday, 28 November
Sunday, 29 November
Class from 15:00 to 19:00.

Monday, 30 November
Class from 15:00 to 17:30.

FI practice will start every day at 16.30.

Participants will enjoy two half days of follow-up sessions with Larry:

Saturday, January 9, 2021 from 15.00 - 19.00h

and

Sunday, January 10, 2021, from 15.00 - 18.00h.

Additional resources for participants:

Recordings

Participants will receive an edited recording (including videos of the FI demos) of the entire Advanced Training.

Please contact us with any question you might have and to register:

Tel.: +43 (0)699 1133 1043

e-mail: training@feldenkraisinstitut.at

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