

# Recovering From Pain

## Seminar for Professionals

with Donna Ray (USA) March 15, 2015

**FELDENKRAIS  
INSTITUT  
WIEN**  
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This seminar is for professionals dealing with clients/patients with chronic as well as acute pain. By experiencing the Feldenkrais Method you will gain new perspectives on movement. You will see how awareness created by movement can alter the experience of pain. This functional approach - brought to you by an internationally active, renowned Feldenkrais Trainer - will broaden your understanding and enrich your abilities. If you are a health-care professional you will also benefit: you will feel rejuvenated and able to improve self-use.



### Donna Ray, M.A., M.F.T.,

is a highly experienced Feldenkrais Trainer and has taught internationally in numerous training programs. Donna has a Master's degree in Psychology and is a licensed Marriage, Family and Child Counselor. She is director of the *Feldenkrais Institute of Southern California* and a member of Dan Siegel's *Mindsight Institute* in Los Angeles where she studies Interpersonal Neurobiology. Over the past 28 years, Donna has maintained an active private practice in California and she is the Educational Director of the upcoming Feldenkrais International Training Program in Vienna.



Sunday, March 15, 2015

10.00 - 17.00

Price: € 120,- (incl. 20% VAT/MwSt.)

Teaching language will be English.

[www.feldenkraisinstitut.at](http://www.feldenkraisinstitut.at)

**Please contact us with any questions  
you might have and register at:**

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