



## Function for Potential Feldenkrais Practitioners and those interested in the Feldenkrais Method

NEW VENUE - SEE BELOW!  
**REGISTER HERE RIGHT NOW!**

Open to anyone wanting to learn more about the Method, its applications, principles and what it's like to be a Feldenkrais® teacher.

Attend this workshop if you would like to experience the teaching of Jeff Haller, PhD., one of Chrish's teachers and trainers, and graduate of the last Feldenkrais Training program taught by Moshe Feldenkrais in Amherst, MA in 1983.

You'll experience Awareness Through Movement® group classes, watch demonstrations of Functional Integration® lessons and practice your own hands-on work, learn some of the principles of the Feldenkrais Method, meet our staff, and way more.

The **Feldenkrais Training Academy** begins October 2018 in Seattle—attend this 2 day workshop to see what training to be a Feldenkrais practitioner is like!

### Open to all who wish to improve their lives!

During these two days we will focus on:

- Learning how Feldenkrais® practitioners use movement and attention to create well organized, adaptable improvements at the neurological level.
- Being able to move freely in any direction without hesitation or preparation. Dr. Moshe Feldenkrais defined this state as “Biological Fitness” and asserted that it applies to moving freely in one’s thinking, sensing, feeling and acting.
- Learning to thrive in a demanding and ever-changing world. Dr. Feldenkrais described a state of maturity in which “the whole system is integrated on the present circumstance with perfection.” Explore how this state develops from infancy, in movement, sensation, emotion, thought, communication, relationships and community.
- Learning how to gain internal strength and power. Maximize how you utilize support from your skeleton to improve your ability to create choices, move with less effort and more efficiency, and gain a profound sense of living where lightness and ease are integrated into your life.
- Learning how you can help others thrive. Explore the practice and art of the Feldenkrais Method®. Learn how to use attention, awareness, and touch to help your clients gain biological fitness, maturity, and internal strength, and ease of movement.
- Discovering the joys and benefits of a career as a Feldenkrais practitioner.

Learn more about the **Feldenkrais Training Academy**, where you train to become a Certified Feldenkrais Practitioner with the confidence and competence to build a successful practice in the Feldenkrais Method of somatic education.

**Reception Friday, February 9, 6-8pm: Practitioner Get-Together!** Feldenkrais practitioners are invited to gather, talk, and share our excitement about the future of this Method to which so many are so dedicated. Refreshments provided! **RSVP & get location info by clicking here.**

## **Weekend Workshop Particulars**

Instructors: Jeff Haller & Candy Conino

### **Dates:**

**Saturday, February 10, 2018**

**Sunday, February 11, 2018**

**Hours: Saturday 10am-5pm; Sunday: 10am-3pm**

**Cost: Fee for Friday Get-together and 2-day Training: \$150.00**

*Feldenkrais practitioners attend **free** when you bring a paying non-practitioner.*

### **NEW Location:**

**Carderock Swim and Tennis club, a beautiful big venue with lots of space and even a working fireplace!**

Carderock Springs Swim & Tennis Club, 8200 Hamilton Spring Ct, Bethesda, MD 20817

- Parking is free.
- If you're lodging at Crowne Plaza, let us know ASAP and we'll help coordinate rides to Carderock.
- You may bring your own lunch (there's a fridge to store food), and there are restaurants within one mile.
- Please bring layers, and feel free to bring blankets and your full-size mats (since we'll have room!).

Jeff will also be giving private Functional Integration lessons on Monday, February 12 and Tuesday, February 13th in Chrish's studio in DC. Currently the schedule is full, but [email Chrish](#) if you wish to come and observe Jeff giving lessons.

**[REGISTER HERE RIGHT NOW!](#)**

**[Feldenkrais Training Academy](#)**