

Your Brain as the Core of Strength and Stability

for a more vital body and a more agile brain

Feldenkrais program with

Frank Wildman, CGFT, Ph.D. Feldenkrais Trainer

21-25 August 2010 • Levico Terme, Italy

In recent years core strength and stability have become increasingly fashionable in movement systems from Yoga to Pilates to Qi Gong. The public generally understands the Feldenkrais Method as providing greater flexibility and easier movement, but not necessarily strength or stability. With roots in the martial arts, engineering and learning, the Method assumes a stable foundation necessary for effortless movement and core strength. With our brain as director the central nervous system reaches deep into our interior organizing our pelvis and deep intrinsic muscles - our core.

We will use Awareness Through Movement® (ATM) lessons and the gentleness of Functional Integration® (FI) to discover and clarify how we develop this deep central organization.

This workshop is open to practitioners and their students, as well as anyone who is interested in learning more about the Feldenkrais® Method.

This part of Feldenkrais® Method normally is not included in the four years training program.

Lessons will be in English language with Italian translation.

Trainers



Doctor Frank Wildman, Feldenkrais Movement Institute

Bridging the fields of biology and the psychology of motion, Dr. Wildman is internationally known as a Feldenkrais trainer, lecturer and writer. Dr Wildman's life-long passions in the study of evolution, movement arts and somatic psychology and his exceptional talents as a practitioner, have culminated in a rich and profound body of work. He is former president of the Feldenkrais Guild of North America and formulated the Standard of Practice, which serve as the defining guidelines for the Feldenkrais Method internationally.



Assistant Trainer and Organizer

Doctor Mara Fusero, Centro Feldenkrais di Milano

Dott. Fusero holds degrees in physiotherapy; a psychologist and Feldenkrais Assistant Trainer since 1995, she attend all the Training Program, assisting the Trainers to assure didactic continuity and collaborating to the students' learning process.

Where & When



Levi co Terme belongs to the province of Trento—Region of Trentino, near to the Dolomites mountains—Northern Italy. It's a small thermal town that lies on a beautiful lake and offers many entertainments, from spa to sport.

In this place you won't need a car. It requires only 20 minutes by foot to get from end to end of Levico.

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Timetable

Saturday August 21st:	-----	01.30 p.m. - 07.00 p.m.
Sunday August 22nd:	10.00 a.m. - 01.00 p.m. and	02.30 p.m. - 04.30 p.m.
Monday August 23rd:	10.00 a.m. - 01.00 p.m. and	02.30 p.m. - 04.30 p.m.
Tuesday August 24th:	10.00 a.m. - 01.00 p.m. and	02.30 p.m. - 04.30 p.m.
Wednesday August 25th:	09.00 a.m. - 02.30 p.m. -----	

Participation fee: € 250,00

We kindly ask you to pay the above amount to the follow account:

CENTRO FELDENKRAIS A.S.C.D.
IBAN: IT84 B030 6909 4656 1200 5694 180
SWIFT: BCIT IT 33 109

Please, put this reason of payment: "FRAZIONE DI QUOTA ASSOCIATIVA"
This is very important, unless we will have to charge the VAT tax to you (20%).
Please bear the words: OUR, which means that the cost are charged to the sender.

Above rates does not include accommodation and board.



For further information to how to get Levico Terme please see our website
<http://www.feldenkraismovimento.it/download/HOWTOLEVICO.pdf>

For further information about the workshop, please contact directly

Centro Feldenkrais Milano,

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P.S.: if you think that this message is suitable for someone else, please send it to them. I will be grateful to you.