



Being and Becoming Human

The Ethos of the Feldenkrais Method

A Course for Feldenkrais Method Teachers

Sydney, April 25-27

What values, attitudes and aspirations lie at the very heart of the method we practice? In this 3-day course we will explore the Hasidic-Judaic heritage of Moshe Feldenkrais in how it provides a cultural and ethical horizon for the Feldenkrais Method. It aims to deepen our understanding of what Moshe Feldenkrais means when he offers the method as a vehicle of human maturation. We will do this together through talks, discussion, Awareness through Movement lessons and Functional Integration practice. Enrolment includes a selection of materials to read and reflect upon before the course.

Facilitated by



Anna Yeatman PhD
Feldenkrais Method teacher



Zoran Kovich MSc
Feldenkrais Method trainer & educational director

ENROL TODAY
at MindfulActionStudio.com

Places Limited

April
Sat. 25, 10:30 - 4:30
Sun. 26, 10:30 - 4:30
Mon. 27, 12 - 6

Mindful Action Studio
Suite 203, Level 2, 52 Atchison Street, St Leonards
For location, parking & transport information go to
MindfulActionStudio.com

\$465 Early-bird rate for 3 days enrol by 29/03
\$465 Interstate rate for 3 days
\$580 Full rate for 3 days
Light refreshments & all equipment provided

For more information contact Zoran Kovich mindfulactionstudio@gmail.com