

# Feldenkrais Fundamentals

An In-depth Introduction to the Feldenkrais Method  
of Awareness Through Movement

Facilitated by **Zoran Kovich** MSc  
*Certified Feldenkrais Method Trainer*  
*Educational Director of Feldenkrais training programs*

This innovative workshop is a thorough and practical introduction to the Feldenkrais Method. Over 5 days you'll be able to engage deeply with essential ideas and concepts described by Dr. Moshe Feldenkrais' in his popular book 'Awareness Through Movement'. You'll immerse yourself in Awareness Through Movement lessons – giving you a much clearer appreciation of your own capacity to move with ease and elegance. Seeing, and feeling with your hands, how other people enact their intentions will provide you with a greater appreciation of human movement. In the process you'll discover useful ways of expanding your range of comfort, learn skills to take back into your workplace and gain insights to what is possible when you start from the premise that everyone can improve through self-directed learning.

## 5 Day Program

Wed. 24 to Sun. 28 July 2019

10am to 4pm each day (*1 hour lunch break included*)

**ENROL NOW** [CLICK HERE TryBooking.com](http://www.TryBooking.com)

**Early Bird Enrolment \$585** (*received by 10 May 2019*)

**Full Enrolment \$685**

**Concession Enrolment \$350** (*seniors card, full-time students, unemployed*)

**Zoran Kovich** has been learning and practicing methods of somatic education for 35 years. In 1988 he commenced professional Feldenkrais Method studies offered through La Trobe University, and from late 1989 began teaching Awareness Through Movement. Since 1990 he has been lecturing in higher-education performing arts programs (University of NSW; University of Western Sydney, National Aboriginal & Islander Skills Development Association, Wesley Institute, Australian College of Physical Education) Zoran's understanding and teaching of the Feldenkrais Method is vitally enriched by his academic studies in Philosophy/History, Cognitive Science, and the Performing Arts, as well as many years of experience as a martial artist, and then as a professional dancer. He manages the Mindful Action Studio in North Sydney, and is currently the Educational Co-Director of two Australian Feldenkrais training programs.

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## **Zoran Kovich**

MSc(Cog.Sc.) BA(Perf.Arts) BA(Soc.Sc.)

Feldenkrais Method teacher & trainer

Cultivating Emotional Balance teacher

[MindfulActionStudio.com](http://MindfulActionStudio.com)

*Be patient toward all that is involved in your heart,  
And try to love the questions themselves.  
Do not seek the answers which cannot be given you,  
because you would not be able to live them.  
The point is to live everything.  
Live the questions now.  
Perhaps you will then gradually, without noticing it,  
live into the answer." - Rilke*