

*Centro Feldenkrais ASCD invites you to attend the III year of the Feldenkrais Professional Training  
Program Milano-Levico 4*

*Training vacation in the mountains of Northern Italy*

## **YOUR BRAIN AS THE CORE OF STRENGTH AND STABILITY** *for a more vital body and a more agile brain*

**25-31 August 2013 - 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 lessons and the gentleness of Functional Integration 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.

N.B. these days can be used as make-up material

*Lessons will be in English language with Italian translation.*

### **Senior Trainer**



#### **Doctor Frank Wildman**

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. <http://www.feldenkraisinstitute.org>

**Centro Feldenkrais A.S.C.D**

Via Pecchio, 8

20131 Milano

tel./fax 02/29409005

cell.3358205490

info@feldenkraismovimento.it

www.feldenkraismovimento.it

## Trainer and Organizer



### Doctor Mara Fusero - Centro Feldenkrais di Milano

Dott. Fusero Feldenkrais Trainer, holds degrees in physiotherapy and psychologist, she attend all the Training Program, assure didactic continuity and collaborating to the students' learning process.

<http://www.feldenkraismovimento.it/>

## Where and When



**25 - 31 August 201**  
**Levico Terme - Italy**

Centro Sportivo di Levico Terme - Piazza Generale Dalla Chiesa.

Levico Terme belongs to the province of Trento - Region of Trentino, near to the Dolomiti mountains – North 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.

## Timetable

DAYS	HOURS
Sunday August, 25 <sup>st</sup>	--- /1.30 p.m-7 p.m
Monday August, 26 <sup>st</sup>	10 a.m-1.30 p.m/2.30 p.m-4.30 p.m
Tuesday August, 27 <sup>st</sup>	10 a.m-1.30 p.m/2.30 p.m-4.30 p.m
Wednesday August, 28 <sup>st</sup>	10 a.m-1.30 p.m/2.30 p.m-4.30 p.m
Thursday August, 29 <sup>st</sup>	10 a.m-1.30 p.m/2.30 p.m-4.30 p.m
Friday August, 30 <sup>st</sup>	10 a.m-1.30 p.m/2.30 p.m-4.30 p.m
Saturday August, 31 <sup>st</sup>	9 a.m – 2.30 p.m/ ---

Centro Feldenkrais A.S.C.D

Via Pecchio, 8

20131 Milano

tel./fax 02/29409005

cell.3358205490

info@feldenkraismovimento.it

www.feldenkraismovimento.it

**Cost**

45,00 euros per day

**Language:** all lessons will be in English, with Italian translation

**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 (21%).**

Please bear the words: OUR, which means that the cost are charged to the sender.

Above rates does not include accommodation and board.

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

**Centro Feldenkrais A.S.C.D**

Via Pecchio, 8

20131 Milano

tel./fax 02/29409005

cell.3358205490

info@feldenkraismovimento.it

www.feldenkraismovimento.it