

# Advanced workshop for Feldenkrais Method® practitioners, led by Susanne Braun

June 20 – 22 in Amsterdam

We live, breathe and act in the multi-layered world that surrounds us. We are in constant dialogue with it and cannot exist without it. Self-development only makes sense if it also brings about real changes in our relationship with the environment. The exploration of the dynamic dialogues between the inner and outer world is an area of application of the method that is often rather in the background.

## DYNAMIC DIALOGUES 1: DIALOGUES IN GRAVITY

This is part 1 of a three-part Advanced Training that highlights various aspects of these dynamic interactions. This first part explores being in gravity and our communication with supporting surfaces. Among the various aspects of the role of the ground in the Feldenkrais Method, this Advanced Training focuses on communication with the supporting surface as a potential for movement and action. We explore how a more differentiated dialogue with these surfaces leads to the development of qualities in thinking, feeling and acting. The creation of a living relationship with the floor can be experienced as a resource for ATM and FI.

Part 2 (dialogue with the senses) and part 3 (spatial dialogues) will be considered for 2026.

Susanne Braun worked for 30 years as a freelance dancer, choreographer and dance teacher in Europe and the USA. She graduated 2005 as a Feldenkrais Practitioner under the guidance of Elizabeth Beringer. From 2016 she accompanied various professional Feldenkrais trainings in Europe as an Assistant Trainer and since 2023 also as a Trainer Candidate. Susanne runs her own dance studio and Feldenkrais practice near Zürich, Switzerland. A lifelong passion for movement, her interest in somatic learning processes, and her love for people – in their connectedness and uniqueness, characterize her teaching. She lives with her partner and two dogs.

### **The workshop will take place on 20, 21, and 22 June 2025.**

Day 1: Friday 20 June 2025, from 17:30 to 20:30

Day 2: Saturday 21 June 2025, from 11:00 to 17:00

Day 3: Sunday 22 June 2025, from 10:00 to 16:00

There will also be the possibility to book an FI with Susanne on 18 or 19 June.

This is a rare opportunity to connect with fellow teachers and to enrich your own practice. The workshop will take place in Amsterdam.

Price: Eur 300,--

**To find out more and register for your place, please contact Simon Brod or Andrea Derkse**



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