

First time in Finland, only time in Europe in 2018



Advanced Training with Elizabeth Beringer

Helsinki Finland 2.8.-4.8. 2018

The Use of Surprise in Functional Integration

Here is what Elizabeth writes about the theme of the training:

"One of the hallmarks of Moshe Feldenkrais's ATM lessons is his particular use of novelty; not just the novelty inherent in the incredibly variety of situations and tasks, but also in the rhythm and construction of the lessons themselves. In this three day advanced training we will look at how we use novelty and surprise in functional integration to create engagement and solidify learning."

Place: Studio Yama, Located in central Helsinki.

Price: 300€

We will work daily from 10 am until 5 pm with one hour lunch break

Registration before 2.6.2018 to Tuija Valtonen: [t.e.valtonen\(at\)gmail.com](mailto:t.e.valtonen(at)gmail.com)

Finnish Feldenkrais Association is a small and lively community of Feldenkrais practitioners from different walks of life and we are very excited to have Elizabeth to teach in Finland! We want to welcome everyone to enjoy training in beautiful Finnish summer! This training is going to be in a cosy and intimate place in central Helsinki and we have limited number of places in the training, so don't hesitate to sign up!

