



**Feldenkrais and Anat Baniel Methods / Workshop for Parents and Professionals**  
(Šestinski vijenac 2, Zagreb, Croatia / 09. - 12.. May 2015.)

**Working with children**

The fourth seminar will be taught by Nancy Aberle on May 9 and 10, 2015. In this workshop, a few helpful principals and techniques from Feldenkrais and Anat Baniel Method will be presented. Children with high muscle tonus and children with low muscle tonus can benefit from hands-on techniques that both parents and professionals can use in daily life. The principals for the workshop are: "suggesting variations" and "improvement through increased complexity". The human nervous system is built to co-ordinate movement and to improve. We will focus on

how to help children with disabilities to do this better.

**Workshop schedule:**

**9 and 10 May** – theoretical and practical part for parents and professionals under the guidance of the instructor, Nancy Aberle. She is going to lead us through the Awareness through Movement group lessons, and through Functional Integration by means of a touch working with another person. Additionally, this will be demonstrated through a lesson with a child.

- Timetable: 10 – 5 pm with a lunch break and brief coffee and tea breaks

- Languages: English and Croatian

**11 and 12 May** – free individual lessons (Functional Integration) and counselling parents and professionals. Seven practitioners are going to give Functional Integration to children and parents once or twice a day.

- Timetable: 10 - 11, 11 – 12, 12 – 1 pm - lunch, 3 pm – 4 pm, 4 pm – 5 pm, 5 pm – 6 pm  
practitioners are working with children simultaneously

During these two days Nancy is going to pay special attention to the work of the practitioners with children and to communication with parents and professionals. They will have the opportunity to ask questions and talk about the application of the methods and principles regarding the specific difficulties of children and their parents.

Your voluntary contribution for the work of the practitioners would be very much appreciated. Namely, all the practitioners present participate in the project Work with Children - Feldenkrais without Borders through which they gain experience and work with children free of charge.

However, we can thank them and support their future work by offering voluntary contributions.

**Recommendation:**

Reading Anat Baniel's new book *Kids beyond limits* could be of great help in understanding the method better.

To read an article on this subject from Nancy Aberle in English, French or German, or to watch videos: [http://www.feldenkrais-nancy-aberle.ch/produkte/downloads\\_en.php?L=en](http://www.feldenkrais-nancy-aberle.ch/produkte/downloads_en.php?L=en)  
If you follow this link, you will be able to see the photographs taken at the May workshop.

<https://dl.dropboxusercontent.com/u/33954310/workshop%20zagreb%202013.rar>

**Instuctor:**

NANCY ABERLE has had a full-time Feldenkrais practice in Zurich since 1998 and specializes in working with babies and children. Nancy is a certified Feldenkrais® practitioner and a certified practitioner in the Anat Baniel Method for Children (sm), based on the work of Dr. Feldenkrais. Since 2004, she has been giving advanced training to Feldenkrais practitioners and regularly supervises practitioners in their work with children.

**Application:**

Kindly fill the application form [/download application form/](#) , and send it by e-mail: [info@prirodaakretanja.eu](mailto:info@prirodaakretanja.eu)  
or by surface mail to Udruga priroda kretanja, Šestinski trg 5, 10 000 Zagreb.

**Price and payment:**

The price of the workshop is 340 € or 2600 HRK. If the payment is received by 01 April, the price is 300 € or 2300 HRK. Additional benefits: 70% discount is offered to the second parent.

**Bank account:**

IBAN: HR0423860021110100402  
SWIFT: PDKCHR2X

Podravska banka  
Opatička 3  
48000 Koprivnica  
Croatia

**Cancellation:**

In case you may not be able to attend the workshop, you can send someone instead. If you cancel your participation by 20 April 2015, you will receive a 70% refund. After that date the refund will not be possible. In case the organizer cancels the workshop, the funds will be fully returned.

**Place:** Šestinski vijenac 2, 10000 Zagreb, Croatia

**Info:**

Ingrid Kecerin Kasumagić, dipl.kineziolog,  
Tel: -385 1 4637 719, Mob: +385 91 5069 505  
E - mail: [info@prirodakretanja.eu](mailto:info@prirodakretanja.eu)

Josipa Stipetić Irha, bacc.physio;  
Mob: +385 98 1766 461  
E - mail: [josipa.stipetic@gmail.com](mailto:josipa.stipetic@gmail.com)