

Feldenkrais® and Anat Baniel(sm) Methods

Zagreb - Seminar for Parent's and Professionals with Free Lessons for Children

Šestinski vijenac 2, Zagreb, Croatia

May 27 – 30, 2017

VISION, MOVEMENT COORDINATION AND LEARNING

Instructors: Nancy Aberle, Lynn Bullock and support team of Feldenkrais and ABM practitioners

Languages: English and Croatian



Nancy and Lynn will give the sixth Feldenkrais Seminar for Parents and Professionals about working with children. The workshop is going to present some strategies of how parents and professionals can work with children with disabilities. These babies and children often need support to learn movement progressions that other children experiment with spontaneously. Parents and professionals will learn how to apply techniques and use ideas from this gentle non-invasive method to help children play with their next „developmental milestone“. This approach is based on neuroscience and uses movement to send new information to the brain. The main questions are: How can we tell the difference between information for the child's nervous system and over-stimulation? What are the "best" conditions for improving motor-coordination, vision, and learning?

The workshop consists of two parts, the seminary and clinical:

- 27 and 28 May two-day seminar for parents and professionals (incl. Feldenkrais & ABM practitioners):

– theoretical and practical part for parents and professionals under the guidance of the instructors, Nancy Aberle and Lynn Bullock. They are 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 lessons with a child.

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

- 29 and 30 May - two days of FREE lessons for children and participants who are interested.
– free individual lessons (Functional Integration) and counselling to parents and professionals. A team of experienced Feldenkrais and Anat Baniel Method Practitioners will be giving free lessons to the children and parents once or twice a day. Both parents and professionals can benefit from hands-on techniques that can be applied in daily life.



During these two days Nancy and Lynn are 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.

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.



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