

Feldenkrais® and Anat Baniel(sm) Workshop

Venue: Šestinski vijenac 2, Zagreb, Croatia

May 25 – 28, 2019

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

Languages: English and Croatian

This workshop is intended for:

- Parents of children with developmental difficulties and disabilities
- Parents who want to help their children improve motor coordination and cognitive development
- Professionals who work with children but also adults (physiotherapist, special education teachers, kinesiologists, educators, physicians, Feldenkrais practitioners and others)
- Everyone who wishes to enhance their health and well-being through somatic and neuro-motor learning



Theme: LEARN TO PERCEIVE DIFFERENCES

For the eight time in Zagreb, instructors Nancy Aberle and Lynn Bullock are running a seminar on the techniques and principles of the Moshe Feldenkrais® and Anat Baniel(sm) methods, and how they can be implemented in terms of working with children and adults.

During the group lectures, special emphasis will be placed on the process of somatic learning. We will be discovering how to learn and improve motor, sensory and cognitive functioning using lessons that focus on movement with attention.

- Perceiving differences is the basis of any kind of learning, regardless of age, and the extent of motor control, be it slight or highly developed, if one is able to perceive the differences, this can improve their functioning
- When the nervous system of a baby, child or adult can easier perceive fine differences in themselves, their motor coordination and their relationship to their environment, the brain can more easily generate new possibilities for more exacting action and for overcoming limitations
- The greater our ability to differentiate, the more capacity we have for future choice. Less differentiation usually means less awareness and less choice

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

25 and 26 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 a lesson with a child.

Timetable: 10 – 5 pm with a lunch break (1:30 – 3 pm) and brief coffee and tea breaks

27 and 28 May - two days of FREE individual lessons (Functional Integration) for children and counseling to parents and professionals:

a team of experienced Feldenkrais and Anat Baniel Method Practitioners will be giving free lessons to the children once or twice a day. Both parents and professionals can benefit from learning 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.

Parents experience:

„Our son's rehabilitation can be divided into the period before and after Feldenkrais and Anat Baniel methods. Their nine principles unmasked most misconceptions regarding therapeutical activities that we, as parents, were guided by. They offered us healthier and more efficient alternative. The psychology of efficient and enjoyable learning, combined with the insight into basic principles of neurological functioning, gave us a completely different perspective.“

Instructors:

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, based on the work of Dr. Feldenkrais. Since 2004, she has been giving advanced training to Feldenkrais practitioners and workshops for parents of children with disabilities.

LYNN BULLOCK is a certified Feldenkrais, Anat Baniel Method Practitioner and creator of Insight Into Vision program. She has a full time practice in Paris, France where she works with babies and children with special needs and adults. She teaches workshops on vision in several countries. She has assisted Nancy Aberle teaching “Working with children seminars for Feldenkrais Practitioners” since 2008.



Application:

Kindly fill the application form on: [www.priodakretanja.eu /download application form/](http://www.priodakretanja.eu/download-application-form/) , and send it by e-mail:

info@priodakretanja.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 €. If the payment is received by 15 April, the price is 300 €. Please specify purpose of payment: for Feldenkrais and ABM method. All payments needs to be made by 10 May 2018.

Venue:

Šestinski vijenac 2, 10000 Zagreb, Croatia

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