Centro Scientifico del Movimento
Metodo feldenkrais®

Post training with Stephen Rosenholtz

The Balance
August 26-27-28, 2013

Enrollment fee: € 270 + VAT
Overnight accommodation at the Center where the Post Training will take place: € 25 a day per person (20 places available)

Morning: from 10:00 am to 1:00 pm
Lunch break: from 1:00 pm to 2:30 pm
Afternoon: from 2:30 pm to 4:30 pm

The course will be held in English and consecutively translated in Italian.

Enrollment before August 1, 2013

Please send the enrollment fee to:

SIMONE BROCCOLI
CASSA DI RISPARMIO DI CESENA
FILIALE DI SOGLIANO AL RUBICONE
IBAN: IT 15 V061 2068 060C 0009 0001 933
BIC (Swift Code) - CECRIT2

It is kindly asked to whoever will come by car to bring his/her own working table.

Balance can be thought of as support of an object over area of sustentation. Stability refers to how much power you need to move object.

Yet balance consists of more than just mechanical aspects of organization. What do we notice about their behavior, their mannerisms? We cannot separate mechanical factors from the whole person. Anxiety decreases our own ability to balance.

Human beings are built to fall down. Center of gravity is relatively high over the base of support. Therefore the system requires movement to balance.

Problems that we encounter in our clients that involve balance include problems in one foot or ankle, recurring trouble in one knee, falling, as well as feeling of instability.

In this workshop will we learn some ways of working with issues balance and stability.

Stephen Rosenholtz
Trainer of the Feldenkrais Method®

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