

CORE WEEKEND

3 Seminars
Attend ONE or ALL



Practical applications using strategies & concepts from *The Feldenkrais Method*®

Orlando

2019

March 8
Viva La Breathing
#20-301455
Fri 6:30-9:00
2 CEs

March 9
Moving from Your CORE
#20-301460
Sat 9:30-5:00
6 CEs

March 10*
Soft Eyes/Hands Easy Neck/Shoulders
#20-301463
Sun 9:30-5:00
6 CEs

TOUCH TO INFORM Seminars familiarize Licensed Massage Therapists, Health Care Professionals, educators and other participants with applicable concepts for sensory learning from *The Feldenkrais Method*® to enhance outcomes.

THE CORE WEEKEND

Celebrate your **CORE**:

Explore the mechanisms for **BREATHING**, moving your **CORE** from the inside. Release excess tension around the diaphragm and ribs, improve 'posture' and abilities.

Focus on the **CORE** of your movement. Know your skeleton as a source of balance, and how your pelvis/torso is a powerful engine that allows you to move efficiently. Discover the relationship between pelvis, spine and torso, and how these enhance reaching, sitting and standing.

SOFT EYES AND HANDS have the power to change action at the core neurological level. Sensory organs such as your eyes and hands profoundly affect posture and your ability to move freely.

Using **"TOUCH TO INFORM"** can lower hyper-tonicity while engaging your client. *The Feldenkrais Method*® for neuro-learning facilitates the ability to recognize habitual patterns of action, allows time to quiet those actions and, through inquiry, aids in the discovery of alternative movement patterns that support more ease and efficiency, in movement and thought.

March 8-10, 2019

Orlando is TBA

Friday, Mar 8 6:30 -9pm \$40

Central Florida School of Massage
450 N. Lakemont Ave. Winter Park, FL

Saturday, Mar9 9:30am-5pm \$150

Sunday, Mar10 9:30am-5pm \$150 *

FEE: for all 3 Seminars \$340

(Early registration discount available)
* must have attended a full day Seminar

To REGISTER or for more information:

www.feldenkraisinsarasota.com/event/core-in-orlando

Or call 941.587.4535

Bonnie Kissam, M.A., (MA36256) has Master's Degrees in Dance and Education and is a licensed Massage Therapist and *Feldenkrais Practitioner* since 1983. She studied with Moshe Feldenkrais in Amherst, MA, is an Assistant Trainer in Feldenkrais Professional Training Programs and an Anat Baniel Practitioner for Children with Special Needs, and is creator of TOUCH TO INFORM Seminars.

Nikki Rollason, LMT, (MA3195) lives, dances and practices in Miami. She received her BFA in dance at the New World School of the Arts and graduated from the Feldenkrais Institute's Manhattan professional training program (2001).



NCBTMB Provider # 452056-12. *Touch to Inform Seminars* is approved by the National Certification Board for Therapeutic Massage & Bodywork as a continuing education Approved Provider. Reports to CE Broker #50-1980.

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