

Feldenkrais Institute of Somatic Education

Montréal, Québec, Canada

JUNE 2010

Yearly Post-graduate Training Workshop for Feldenkrais Practitioners and Teachers

With **Yvan Joly**, M.A. (Psy.)

Registered Psychologist and Certified Feldenkrais® Practitioner-Trainer

Dates: 21 to 25 June, Monday to Friday

Optional: Sunday June 20, FI observation and discussion with Yvan

Theme: Feldenkrais Lessons for the Autonomic Nervous System: balancing excitation with relaxation, stress with quietness, dis-ease with well-being

Whether with ATM or FI lessons, we address the quality and efficacy of our movements under the control of our nervous system. We also affect the *neuro-vegetative* also called *autonomic* or involuntary nervous system responsible for maintaining our vital functions:

breathing and muscle tone, but also blood circulation, digestion, sexuality, immunity, sleep, emotions, stress management, all central to our overall health and quality of life.

In this workshop we will review the functions of the autonomic nervous system and highlight the relevance and the strategies of the FM for balancing the sympathetic and parasympathetic functions, between excitation and relaxation. Lessons will be chosen and studied so that we can affect not only the intentional movements of our students but also the involuntary processes and our basic metabolism.

Formula: daily ATM lessons and FI practices, lectures and small group work

Costs: Early bird registration, **if paid before April 15:** (\$600 CAN or \$550 US)

if paid after April 15 : (\$700 CAN or \$650 US)

NOTE: FI lessons with Yvan on Sunday June 20 are at \$120 CAN or \$110 US
(Observers welcome at no extra cost if registered as participant in the workshop)

Local: NEW: 4855 rue Boyer, local 235 (near Boulevard St-Joseph, métro Laurier)

Schedule:

Sunday, June 20, *optional FI lessons:*

9:30 AM to 5:00 PM

Monday, June 21, first day of the workshop:

10:30 AM to 5:30 PM

Tuesday, Wednesday, Thursday, June 22-23-24:

9:30 AM to 5:30 PM

Friday, June 25, last day:

9:00 AM to 2:00 PM

(Total number of advanced training: 30 hours)

(Optional FI observation and discussion : 5 hours)

Information and Registration: (please make your check payable to: **Yvan Joly**)

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www.yvanjoly.com "workshops for practitioners"