



## Feldenkrais Advanced Trainings The Elusive Obvious

*„I hear and forget. I see and remember. I do and understand.“*  
Chinese Proverb



We all think that what we know, we have previously understood and even achieved – it is done and finished.

**Why are we so stuck in our compulsive behaviours and patterns?**

**Why is it so hard for us to change things in our lives?**

Maybe our believe systems are not as true as we think they are. Maybe we shouldn't believe everything we think. Speaking is not thinking. The core of self-knowledge is only achievable if we undo the link between thought and speech.

We need choices. In life, having no alternative means anxiety and also compulsion. Reversibility of movement allows us to have a choice at all times.

### **How can we get there?**

If we want to enhance our potential of having a choice to take action, we need to learn to think differently about what we already know and are familiar with. Then we maybe would, for the first time in our lives, be fully responsible for ourselves. This would allow us to get rid of fears and enable us to avoid dangers we ourselves evoke over and over again.

## **Functional Integration®**



In this workshop series we will refine solid tools and 'down to earth' qualities. Of course we'll be busy with both technical and applicable topics.

The following workshops can be booked separately:

- [Strong Back](#)
- [Easy Legs](#)
- [Comfortable arms](#)
- [Skillful Hands](#)
- [Enhanced Breathing](#)