



Stockholm, October 2018

Advanced training with François Combeau (Feldenkrais trainer) in Stockholm, 10-14 april 2019.

“ Being open to the World around us ”

We live, breathe, move, act... within the world that surrounds us, a world of infinite richness and therefore of great complexity.

It's impossible to live closed in upon ourselves, separated from this world; we are as one with the world and are unable to exist without it.

To engage in self-development, to learn how to better organise ourselves for action and in our daily lives, improving performances, our efficiency... this is a process which only makes sense if through these developments we allow ourselves real changes in our relationship to the environment surrounding us.

(See separate file for more information)

Welcome to join the François Combeau group of Sweden in the advanced training taking place in Stockholm 2019.

François has been working here several years. With his permission, we now would like to extend the invitation to participants also living outside Scandinavia.

- Number of participants is limited to 30.
- We hope to record sound of all ATM's as we did for many years. The recordings will be available as digital files for participants only.
- François finds it very important to follow up on our development during this training and make sure what each of us will take with him/her from this seminar. To make this possible, all of us need to participate all 5 days, all hours.

Do you want to participate?

Contact Kristina Strohmayer as soon as possible. Last day of registration is January 15th.
kristina@scandes.se or phone +46(0)708 594 118

Dates and times:

April 10 – 14th 2019. Wednesday to Saturday 10-17 (ca 17:30 some days).

Sunday we start on 10 as all other days. We try to finish teaching ca 14 pm, but the program can be delayed.

For planning of your journey home, please, take into account that you may need to stay in the training premises until 14:30 pm.



Location:

Vårdkasen – Barkarby Skälby scoutkår, Brasvägen 3, 175 61 Järfälla
Barkarby station is located 15 min by commuter train from the station Stockholm City in the direction of Kungsängen/Bålsta. Then there is 1,5 km walk to the training premises. You can also take a bus and then there is a shorter walk, ca 500 m.

Accommodation: Please contact Christine or Kristina if you need any assistance.

Price and payment:

Ordinary price: 5840;- SEK + 25% VAT – total 7300;- SEK including registration fee.

Valid for payments before February 26th

Reduced price: 5680;- SEK + 25% VAT – total 7100;- SEK including registration fee.

Valid for payments before January 26th

Both prices include audio recordings of all ATM's, delivered digitally.

Registration at the latest at January 15th. Please let us know your choice of payment day upon registration.

All payment information will be included in the invoice.

Please Note: At changes in foreign exchange rates exceeding 10%, an addition will be charged.

Terms for cancelation.

If you cancel more than 6 weeks before the start, we will refund the entire fee with the exception of registration fee, 600;- SEK (480;- SEK +25 % VAT). If you cancel more than 2 weeks before the start, we will repay half the price with the exception of the registration fee.

If you cancel less than 2 weeks before start, there will be no money return.

In case of illness, we will always return the entire course fee (excluding the registration fee) on presentation of a medical certificate. This is due regardless of the time of the cancellation.

Please, direct your questions to:

Christine Rinman

christine@wallstana.se or phone +46(0)8 590 359 96

and/or

Kristina Strohmayer,

kristina@scandes.se or phone +46(0)708 594 118

Questions about registration and payment preferably to Kristina.

We wish you welcome to Stockholm!

With best regards

Christine Wessman Rinman

Kristina Strohmayer