



Stockholm, October 2020

Advanced training with François Combeau (Feldenkrais trainer) in Stockholm, April 1-5th 2020.

The Thoracic Spine mobilities and differentiations

The spine of the human being is extremely articulated. The differentiated mobility of its different segments is determined and conditioned by the design and shape of the articular surfaces at the level of each vertebra.

From this point of view, the preferred mobility of the thoracic or dorsal spine is torsion. This is the only part of the spine that can really do it.

This gives it a vital role in managing any rotation, and therefore the relationship to the environment around us and to others. In addition the thoracic spine assists the mobility of our head, facilitating the sensory and expressive organs to explore the 360 space around us.

The thoracic spine is also the place of anchorage and articulation of each rib. As such, this part of our spine actively participates in the development of breathing, the management of arm and head movements, and the expression of emotional experiences.

Finally, it is an essential link in the chain of transmission from the feet to the head, an unavoidable passageway for all the forces coming from the pelvis, the head and the limbs.

Being the place of insertion of numerous bundles of fibers of the trapezius muscles, it is often influenced and conditioned in its mobility by the relational issues and emotional stresses....

(See separate file for more information)

Welcome to join the François Combeau group of Sweden in the advanced training taking place in Stockholm 2020.

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 1-5th 2020 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 (Bus 541 towards Vällingby to the stop Byleden). and then there is a shorter walk, ca 500 m.

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

Price and payment:

Price 6000;- SEK + 25% VAT – total 7500;- SEK including registration fee.

This price includes registration fee and the audio recordings of all ATM's, delivered digitally.

All payment information will be included in the invoice. Last date of payment: Februari 15th

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, 1500;- SEK (1200;- +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