



Stockholm, December 2017

**Advanced training with François Combeau (Feldenkrais trainer)
In STOCKHOLM (Sweden)
April 11 - 15, 2018**

“To live in freedom, breathe in freedom ...”

«Go beyond what is breathing, there you will find breath» (Shri Aurobindo)

"Breathing is a universal, dynamic process in which man is included. It manifests itself in us through respiration, apparent as inhalation and exhalation. This is indeed a two-way flow between the inner and outer worlds, a gateway to all. This dynamic process does not belong to us. It is a cycle triggered without any intervention of the mind and sustained beyond our control. Yet we can intervene through voluntary muscles which shrink or expand spaces and impose shapes."

(See separate file for more information)

Welcome to join the François Combeau group of Sweden in the advanced training taking place in Stockholm 2018.

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 last 4 years. The recordings will be available as digital files for participants only.
- We work in two adjacent rooms/areas – one for ATM and one for FI in order to facilitate both the teaching of François as well as the learning of the participants.
- 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.

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

Dates and times:

April 11 – 15th 2018. 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:

5160;- SEK + 25% VAT – total 6450;- SEK including registration fee.

You will receive an invoice to be paid before February 15th 2018. All payment information will be included in the invoice.

Terms for cancelation.

If you cancel more than 4 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