

**Advanced training with François Combeau (Feldenkrais trainer)  
In STOCKHOLM (Sweden)  
April 2 – 6, 2016**

**Theme: The Head, a periscope to sense the outside world.  
Keeping head and neck free and mobile**

**When true verticality returns, the head, the bearer of the sensory functions, recovers total freedom of movement.**

When man discovered true verticality, he considerably expanded his field of observation and action. This new orientation relative to gravity led to the development of the front of the brain and gave access to the higher functions of the central nervous system.

The head, which bears the sensory organs, has acquired total freedom of movement, broader visual and auditory fields and the perception of contrasts. It swivels on the seventh cervical vertebra, which provides the "unstable stability" for it to remain upright without having to be held up by the neck muscles.

When the larynx dropped under the effect of gravity, its suspenders developed while the voice widened its range, became more mobile, and the pharyngeal crossroads opened. The tongue moved back, making room for increasingly differentiated language in terms of phonetics as well as colors (movements of the soft palate, pharynx ...) and intonations etc.

In other words all these functions depend on the balance of the head and the freedom of each cervical vertebra.

**With constantly renewed curiosity and creative attention to his own way of proceeding, each student will feel movement become easier, greater freedom in day-to-day activities and a true and open relationship with the outside world.**

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During this advance training Fr. Combeau will offer a number of structured and progressive practical situations. He will guide the practitioners into FI practices with always more clarity, detail, and precision. His very interactive way of teaching will give an opportunity to each participant to develop, in a personalized and intimate environment, necessary capacities for practicing the method efficiently, creatively and adapted to the student's needs.

The main purpose will be to explore and work on " how we sense, feel, imagine, propose, invite and act " rather than on " what we do", François is convinced that the professional training has given to practitioners a wide range of "know how" and ideas, and what everyone needs now is to develop more personal abilities and confidence in what one senses, sees and imagines.

Concretely, each participant will have a chance to develop the ability:

- To sense the person through their touch, to imagine him or her in movement, to observe him within the actions and to be able to feel the potential of movement in each joint tri-dimensionally.

- To engage in a real sensory-motor dialog with the student and create dynamic conditions for him to learn, to develop dynamic observation and structure Fi's organized as an interactive "back and forth" of questions: those we do ask to the students through our touch and movements invitations, those asked to us by the student responses and those we ask ourselves about what the person need and should learn.

- To become confident that our touch and our propositions or invitations for movement are more questions than statements and can stimulate the curiosity and interest of the student for the sake of their own evolution.

- To sense and follow the passing through of forces and the possible deviations linked to a habitual pattern and often compulsive movement.

- To clarify the directions of movements that are proposed during the lesson according to what we want to address, stimulate or awake. To be able to explore tri-dimensionally different orientations for a similar movement proposed, so to discover which one will "make more sense" to the nervous system of the student and will enable him to feel his full potential of movement.

Practitioners whom have already experienced François' advanced-training in Europe and in the US, have found this style of training to be very efficient in helping them to develop their practice and move to a new level of understanding the work; underlying thinking, ways of acting and the working relationships with their students.

### **About François COMBEAU**

As Teacher/Practitioner of the Feldenkrais Method® for 30 years, Francois Combeau has a wide range of teaching experience of ATM® lessons, including weekly classes, theme series, and numerous seminars in Paris, throughout Europe and in Detroit, Michigan, for professionals in the fields of the arts, athletics and health. He also works with individuals helping them to develop a fuller quality of life, physically, mentally and emotionally.

As an experienced Assistant-Trainer and Trainer, he has been teaching in many trainings in Europe (in Paris with Myriam Pfeffer, in Liege, Belgium with Yvan Joly, in Bad Windsheim, Germany with Mark Reese), and in the U.S. with Anat Baniel. These trainers have in many ways been his mentors. Francois has taught advanced trainings in France, Sweden, Switzerland, Germany and the U.S. He has also the desire to share the experience he developed teaching for 14 years in small continuity educational trainings, creating a very interactive, precise and supportive way of working with students.

Francois has been teaching movement and voice for 40 years. Before he took his Feldenkrais training in 1984 (M. Pfeffer, G. Yaron, Ch. Chelav, R. Alon, A. Baniel, J. Kazren...), he had training in bodywork including dance, mime and relaxation techniques and studies based on Chinese medicine, Taoist yoga, Zen meditation, and martial arts dynamics & equilibrium.

Francois has voice and speech therapy training with a specialty in neuropsychology. He has worked as a consultant and rehabilitation practitioner in one of the most well-known hospitals in Paris for brain injury. Twenty years ago Francois opened a center of his own in Paris for "Somatic Education".

Training will be arranged by:

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