



**Advanced training with François Combeau (Feldenkrais trainer)
In STOCKHOLM (Sweden)
April 10 - 14, 2019**

Theme :

" 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.

The essence of our well-being is to be in continual dynamic interaction with the world in which we are evolving; to be nourished and influenced by it while at the same time being conscience of the consequences of our actions upon our environment.

We're able to maintain this interaction by virtue of our awakened senses, and also by the presence and availability of our entire being, whatever our thoughts, actions or emotional state of the moment.

Thanks to our sensory perception, we're able to inhabit this physical world. This on-going relationship nourishes and colours our daily actions and creations while at the same time allowing us to develop them in an open and more dynamic space.

Our "sensorial field" becomes the field of action within which our movements, voice, respiration and broad communication with ourselves and with others develop.

How can we act while still remaining attentive? How can we be totally tuned into what we're doing while at the same time fully engaged in this nourishing interaction between our internal and external environments? What are the tools of this interaction; how can we develop them?

Further, in our relation to the environment and to others, we're like one giant cell which, depending on the situations we're confronted with and the perception we have of them and of our inner states, dilates or contracts, opens or closes, either partially or globally.

How do we express these tendencies? How can we become aware of them, to better understand them and their development so as not to become caught up in a noxious cycle with them.



During this advanced 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 “.

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 35 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. Shelhav, 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 five years ago Francois opened a center of his own in Paris for " Somatic Education".