



Advanced training with François Combeau (Feldenkrais trainer) in STOCKHOLM (Sweden) April 1 - 5, 2020

Theme:

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...

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 who 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".