



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

Theme :

“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.

This duality can be difficult to accept at times. All our work on breathing, the changes we are seeking and the control we are striving to acquire should never relegate breathing to a possession - under the ownership of the Ego - or a creation of the mind. When breathing loses its natural rhythm and spontaneous dynamism, it loses its linking function and rapidly becomes an ill-adapted response to our needs "here and now".

Deep breathing is not confined to the chest or diaphragm movements. It involves the entire body. Unicity and balance are the features of healthy breathing. For all parts of the body to live and breathe fully, the chest must be stripped of its armour, the face must allow the passages (nostrils, pharynx, glottis...) to loosen, and the spine must recover its wholeness and flexibility, so as to track the wave of breath as it wells up from the abdomen, travels right through the body and unfurls across the face.

By embodying universal breath in us, breathing indeed provides a two-way flow between the inner and outer worlds. Consequently, if nothing is there to impede this dynamic process, it can remain free and adapt to the reality of both worlds while meeting our needs, intentions, activities, emotional states and relationships. It faithfully shadows our physical life as well as the subtle changes in our emotional life.

A person's breathing patterns cannot really evolve by means of any conditioned learning or by imposing a system but by:

recovering freedom of the physical support and actualisation site of our bodies and body movements;
returning the nervous system's capacity to receive information from both inner and outer worlds;
producing an appropriate response by controlling the opening-up processes and developments leading to its expression.



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 “.

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, François 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. François 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.

François 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. Karzen...), 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.

François 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 François opened a center of his own in Paris for " Somatic Education".