

AURA VITALIS, Jursi 52, Viskovo, Croatia

FELDENKRAIS METHOD®

PUBLIC WORKSHOP APRIL 14 - 15, 2026

DYNAMIC DIALOGUES 1: DIALOGUES IN GRAVITY

SUSANNE BRAUN

We live in constant interaction with the world around us. This series of dynamic dialogues explores how our inner experiences and the outer world affect each other.

The first part focuses on our relationship with gravity and the ground. It looks at how being aware of how we connect with the floor can improve our actions. This deeper connection will be experienced through lessons in «Awareness Through Movement» and can become a helpful resource in daily life.

The public workshop is open to everybody. Feldenkrais practitioners can join it as an introduction to the following Advanced Training, April 16-18, 2026.

The workshop emphasizes themes of

- Better use of gravity and support to move with less effort, feel more grounded and stable, reduce unnecessary muscular tension.
- Improvement of posture and alignment.
- Greater ease, adaptability and efficiency in movement.
- Heightened awareness and responsiveness.
- Emotional and cognitive benefits through improved organization.

These skills support all our actions, from walking to working, as well as our mental and emotional states. Feeling physically supported can create a sense of calm and confidence, efficient movement frees mental energy for clearer thinking and reduced strain improves our mood and resilience.

PUBLIC WORKSHOP FEE: EUR 190
TIMES: 10:00 - 15:00 H

Registration/Information:
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Registration Deadline: March 15, 2026