

AURA VITALIS, Jursi 52, Viskovo, Croatia

FELDENKRAIS METHOD®

PUBLIC WORKSHOP APRIL 14 - 15, 2026
ADVANCED TRAINING APRIL 16 - 18, 2026

DYNAMIC DIALOGUES 1: DIALOGUES IN GRAVITY

SUSANNE BRAUN

We live, breathe and act in the multi-layered world that surrounds us. We are in constant dialogue with it and cannot exist without it. Self-development only makes sense if it also brings about real changes in our relationship with the environment. The exploration of the dynamic dialogues between the inner and outer world is an area of application of the Feldenkrais Method remaining sometimes rather in the background. This three-part series highlights various aspects of these dynamic interactions.

This first part explores being in gravity and our communication with supporting surfaces. Among the various aspects of the role of the ground in the Feldenkrais Method, we focus on communication with the supporting surface as a potential for movement and action. We explore how a more differentiated dialogue with these surfaces leads to the development of qualities in thinking, feeling and acting. The creation of a lively relationship with the floor can be experienced as a resource for our interactions with the world, as well as for ATM and FI.

The Advanced Training is preceded by a public Workshop, which can also be attended by practitioners as an introduction to the topic.

Susanne Braun worked for 30 years as a freelance dancer, choreographer and dance teacher in Europe and the USA. She graduated 2005 as a Feldenkrais Practitioner. From 2016 she accompanied various professional Feldenkrais Trainings as an Assistant Trainer and since 2025 as a Trainer. Susanne Braun runs her own dance studio and Feldenkrais practice near Zürich, Switzerland. A lifelong passion for movement, her interest in somatic learning processes, and her love for people - in their connectedness and uniqueness, characterize her teaching. She lives with her partner and two dogs.

PUBLIC WORKSHOP FEE:	EUR 190	10:00 - 15:00 (open for everybody)
ADVANCED TRAINING FEE:	EUR 300	09:00 - 15:15
	or EUR 420 (in combination with the public workshop)	

Open for Feldenkrais practitioners and students in the 4th year of Professional Feldenkrais Training.

Registration/Information:
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Registration Deadline: March 15, 2026