

**SATURDAY 2.11. de 13h -19.30h and SUNDAY 3.11.
9.30h - 17h**

PAF 120€ membre - 180€ non membre

BE6800121411 3634

BIC: GEBABEBB

communication: Name + First name + Mara
training post

Ce 2/3 novembre 2024

**@ Forest Lighthouse, rue des
Alliées 274 ,1190 Forest, Bruxelles**

**post-formation methode Feldenkrais
avec Mara Fusero**

THE INNER UPRIGHTNESS

live "long and comfortable" despite the force of
gravity

When our feet and head communicate well between each
other through the pelvis, we get to the end of the day
feeling like we efficiently saved "our strength".

As Feldenkrais practitioners, we are familiar with the
importance of the concept of self image, efficient strength
and good posture and how much these three ideas are
interconnected.

Giving an FI is like practicing a "duo ATM", during which we are present to ourselves but also pay attention to the other person.

During this advanced-training We will practice ATM lessons to rediscover our sense of "energy saving" and focus on the feeling of inner uprightness, comfort and efficiency.

"..Any posture is acceptable as long as it does not conflict with the law of nature which is that the skeletal structure should counteract the pull of gravity, leaving the muscles free for movement."

– Moshe Feldenkrais in "Awareness Through Movement"

[Mara fusero](#)

[temoignages sur l'enseignement de Mara](#)