

BRUSSELS + AMSTERDAM

Discover Feldenkrais®. Experience the training.

Four days of movement, hands-on learning and discovery,
with Yvo Mentens and Pia Appelquist.



A glimpse of learning together in a Feldenkrais Education training.

Brussels

6-9 November 2026

English and French

€240 for all four days · Mats provided

[Choose your workshop →](#)

Amsterdam

12-15 December 2026

English only

[Watch the introduction to Feldenkrais →](#)

Come to explore the method for yourself, or to discover whether professional training is your next step. No previous experience is needed.

THE EXPERIENCE

Discover through doing.

Feldenkrais is an approach to learning through movement and attention. Explore how you move, notice differences and discover new possibilities in everyday actions. These four days offer a first experience of the method and of professional training.



Movement lessons

Explore Awareness Through Movement® with gentle, guided lessons.

Hands-on learning

Discover touch, observation and listening through demonstrations and partner work.

Neurosomatic strategies

Connect attention, variation and coordination with your daily life and work.

Space for your questions

Ask about the training journey and what this approach could mean for you.

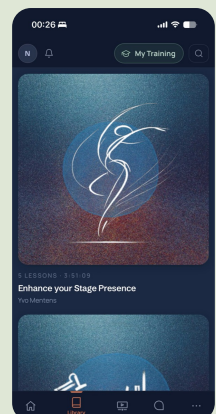
INCLUDED WITH YOUR WORKSHOP

Start exploring as soon as you book.

Your payment activates two months of access to Neurosomatic. Sign-in details arrive by email.

300+ guided lessons & series · Weekly live classes & replays · 26 documentaries and talks on neurosomatic strategies · 40+ teachers.

[Explore the platform](#) →



YOUR WORKSHOP TEACHERS

Meet Yvo & Pia.

Get to know their backgrounds, their teaching and the people behind the experience.



Yvo Mentens

Feldenkrais Trainer
Educational Director of Brussels 5

Yvo discovered Feldenkrais more than thirty years ago and qualified in Myriam Pfeffer's training. He continued studying with Moshe Feldenkrais' early assistants and students. A co-founder of Feldenkrais Education, he teaches across Europe, Asia and the United States. Sociology, criminology and physical theatre also inform his creative approach to learning.

[Read the full biography →](#)



Pia Appelquist

Certified Assistant Trainer

A certified practitioner since 2010 and assistant trainer since 2019, Pia brings together anthropology, theatre and movement. Originally from Denmark and based in France since the 1990s, she co-founded the Beliashe Institute in Aurillac. She works with artists, children with specific needs and adults from many backgrounds.

[Read the full biography →](#)

The professional training also brings together an international team of trainers and assistant trainers, offering a range of perspectives throughout the four-year journey.

[Meet the teaching team →](#)



DATES & BOOKING

Choose your city.

The same four-day experience, in the city that suits you.

Brussels

6-9 November 2026



Forest Lighthouse

274 Rue des Alliés
1190 Brussels, Belgium

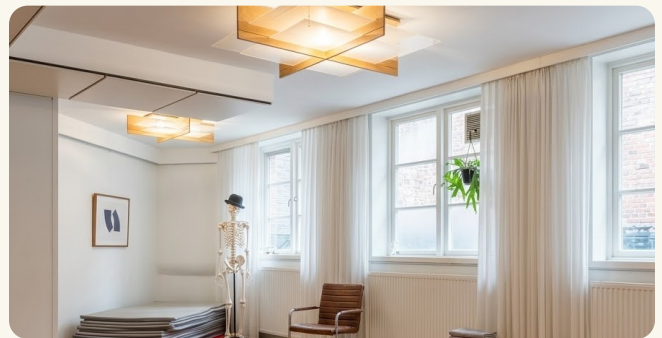
English and French

[Book Brussels →](#)

Secure online payment · Booking confirmation by email

Amsterdam

12-15 December 2026



Praktijk Lijnbaansgracht

Lijnbaansgracht 67-O
Amsterdam, The Netherlands

English only

[Book Amsterdam →](#)

The rhythm of the four days

Day 1 · 12:00-17:00

Days 2, 3 & 4 · 10:00-16:00

One-hour lunch breaks on days 2-4. All times are local.

€240 for all four days · Mats provided

Limited places

Wear comfortable clothes. Contact us before booking if you have accessibility questions or specific needs.

Bookings are non-refundable. You may switch between Brussels and Amsterdam, subject to availability. Contact us to arrange a transfer.

IF YOU WANT TO GO FURTHER

A first step towards professional practice.

BRUSSELS 5 · JANUARY 2027 - NOVEMBER 2030

Feldenkrais Education's four-year pathway combines personal exploration with learning to guide others. Based at Forest Lighthouse in Brussels, it develops the observation, touch and teaching skills used in group lessons and individual Functional Integration® sessions.

Deepen your learning

Explore movement, perception and neurosomatic strategies through practice.

Learn to teach

Develop observation and touch, and learn to guide group and individual lessons.

Learn together

Work with the team and your peers, with time to integrate between segments.



[A day in training →](#)

Your workshop can count.

Attend all four days and they can be credited towards Brussels 5. If you join that training, the full €240 workshop fee is deducted from your training fees.

You are equally welcome to attend the workshop simply to discover the method, with no obligation to join the training.

[Apply for Brussels 5 →](#)

[Programme, calendar & fees →](#)

info@feldenkrais-education.com →