

Advanced workshop for Feldenkrais Method practitioners

led by Victoria Worsley MA FG(UK)

November 1st and 2nd 2025 in Amsterdam

Investigating Squatting

Squatting is a fundamental human movement, and we have mostly lost it from our culture outside of the gym. But if we leave behind the unhelpful pressure of trying to achieve a full squat and simply explore the elements that go towards it, we can find so much useful learning and improvement in so many ways:

- Mobility in the hip, knee and ankle joints
- Relationship of the pelvis to legs and back
- Extension through the upper back
- Folding and unfolding to get up and down from the floor
- Ability to lift and lower objects from the floor
- Easier sitting on a chair and improved standing

In this 2-day workshop will investigate this rich topic through both ATM and FI.



Victoria Worsley qualified in 2007 from the Lewes training in the UK and is an Assistant Trainer. She has a busy practice in North London. Previously an actor, movement director and theatre maker for 20 years, she is known in the Feldenkrais world for her work with actors and her book 'Feldenkrais for Actors'. Her practice is varied and wide-ranging. One area of specific interest is using the Feldenkrais Method to explore running, and she often works with those who like to run or walk. Victoria also holds a 2nd dan in goju ryu karate.

The workshop will take place on Saturday 1st and Sunday 2nd November 2025, both days from 10:30 to 17:30 including an hour's break for lunch.

There will also be the possibility to book an FI with Victoria on Monday 3rd November.

The workshop is suitable for qualified Feldenkrais practitioners and trainee practitioners.

This is an opportunity to connect with fellow teachers and to enrich your own practice. The workshop will take place in Amsterdam.

Price for two days: Eur 280,--

To find out more and register for your place, please contact Simon Brod or Andrea Derkse



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