

Agile feet and ankles - refining the foundation of performance

A Feldenkrais workshop Saturday 4 July 2026

In high-level sport and dance, subtle differences in coordination have a big impact. The feet and ankles are a highly intricate system of bones and joints that transmit force, adapt to changing surfaces, and organize the rest of the body.

When they function with clarity and responsiveness, movement becomes more efficient—power transfers more directly, balance refines, and the hips, spine, and shoulders organize with less effort.

Yet even at advanced levels, feet are often under-trained in terms of awareness and coordination, limiting movement quality and increasing the risk of injury.

This workshop uses the Feldenkrais Method to refine how your feet and ankles sense, adapt, and organize movement—supporting precision, resilience, and ease.

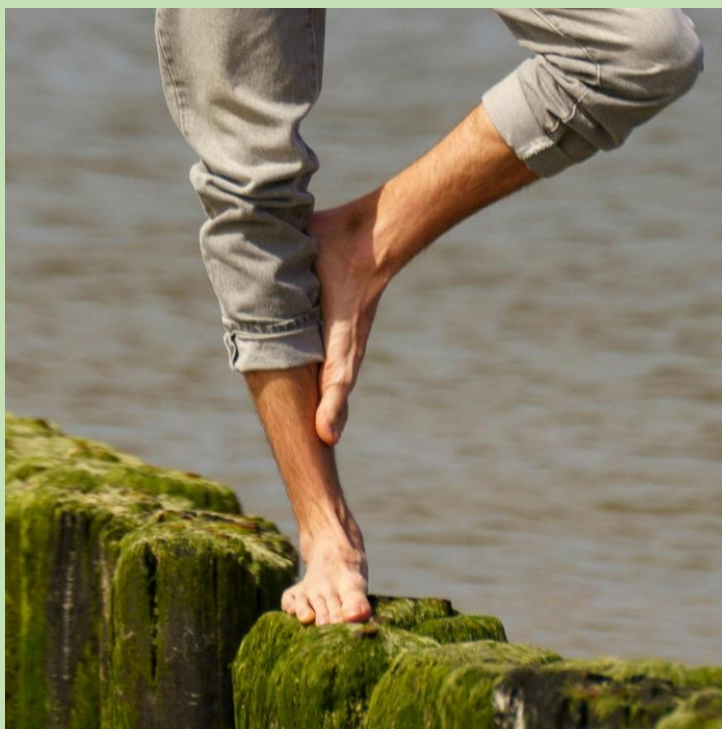


Photo: Maarten Ceulemans on pexels.com

This workshop is for dancers and athletes who:

- Are refining technique at a high level
- Notice recurring tension, stiffness, or overload in feet or ankles
- Want to improve efficiency, power transmission, and responsiveness
- Seek greater subtlety, control, and freedom in movement
- Are interested in injury prevention through better self-organization



Simon Brod: “My workshops give high-performing people tools to boost their capabilities. Participants discover new ways to move and give themselves new choices. As a dancer (Argentine Tango) I have developed my movement practice with a special interest in standing, walking, and performance.”

Saturday 4 July 2026

13:30-16:00

Price: €30,--

Location: Praktijk Lijnbaansgracht, Lijnbaansgracht 67-O, 1015GV, Amsterdam

FOR INFORMATION AND TO BOOK YOUR PLACE

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