



EDUCATING TOUCH

for the FELDENKRAIS METHOD®

with

ANGEL DI BENEDETTO, GCFT

Vancouver, December 4-7, 2010

As human beings, hands are vital to our development, survival, creativity, expression and fulfillment. The way we use them in *The Feldenkrais Method* to sense, connect and communicate is sophisticated and unique. Yet, so much information has to be passed on in a professional training program that the time dedicated to the learning of such an immense subject must be fed to the students in small doses, leaving them left to seek-out more possibilities within their own development.

Proposing a systematic enhancement of a *Feldenkrais* Practitioner's extraordinary ability to "relate" through touch and the qualities of the human hand, we will focus on structural and functional possibilities with varied and playful explorations:

Some aspects we may "touch" upon in these 4 days;

THE EVOLUTION OF HANDS

THE MEANING OF HANDS

HANDS AS A TOOL

THE SKILLFUL HAND

THE CONFIDENT HAND

THE INTELLIGENT HAND

THE ARTISTIC HAND

LANGUAGE OF THE HAND

WISDOM OF THE HANDS

HAND THAT IS THE HEART

This Advanced Training will create a bridge between what is learned within the context of a training and what is crucial in our *Feldenkrais* practice: improving upon what is already known, developing more confidence and having more lessons available at our fingertips (literally).

Angel Di Benedetto is an internationally recognized Guild Certified *Feldenkrais* Trainer originally from Manhattan. She began her studies with Dr. Moshe Feldenkrais in 1980. Through the *Feldenkrais Method*, her teaching focuses on developing creativity to enhance artistic expression, self confidence, personal awareness, and one's quality of life. While maintaining a private practice, she devotes much of her time forming new *Feldenkrais* practitioners in numerous professional trainings in the USA, Canada, Europe, New Zealand and Australia. She is currently the co-educational director of the Seattle Eastside *Feldenkrais* Training Programs.

For the best outcome, it is recommended that Feldies participate in all 4 days.