

Advanced Training with Donna Ray, M.A., M.F.T., *Feldenkrais*® Trainer  
**Interpersonal Neurobiology, Mindful Movement  
and the *Feldenkrais Method*®**

Increase your ability to make a difference with others and to understand what you are doing while practicing *Functional Integration*® and *Awareness Through Movement*®

Communication/Development/Sensitivity/Science/Success

Saturday ~ January 14, 2012

(Upcoming dates: 4/21/2012)

We will be studying current Science and Research related to FI and ATM. In addition, we will be using qualitative research to write case studies. Each day will include discussion, ATM, and FI to deepen our understanding and application of the *Feldenkrais Method*. FI will include sitting, standing, and walking. Self Use and Precision will be improved. The Integration of Function, Brain, Intrapersonal, Interpersonal, and Societal will be discussed.

- Date & Time: Saturday, 1/14/2012 ~ 9:00-2:00
- Tuition: \$130.00 per Saturday
- Discount Tuition: 2-Saturday's; \$245.00
- Location: 10950, LaGrange Ave, LA, 90025

Class size is limited, so please Register Early to hold your space.

760-436-9087; or email us at [Feldmoves@gmail.com](mailto:Feldmoves@gmail.com)



"I began practicing FM® and psychotherapy 28 years ago. During my career I have helped hundreds of people suffering with a variety of challenges such as pain, anxiety, anger, post-traumatic stress and attachment disorders (relationship issues), using FI® and ATM®. Now I want to share my expertise with you. I have integrated current science with my clinical practice. You will personally benefit from this training and you will learn to have more impact on your students." Donna Ray

Donna Ray, M.A., M.F.T. is an internationally known teacher/trainer of the *Feldenkrais Method*®. She works with a large variety of people; infants to the elderly, people recovering from accidents and illness. Performing athletes and musicians also benefits from her practice. In addition, Donna is a licensed psychotherapist and hypnotherapist. She works with individuals, couples and families, helping them transform unhealthy habits into healthy ways of living.

"Donna's self use and connection to the student's learning is beyond what I have seen in any other Trainer." - *Christine Cutbush, Practitioner, Los Angeles, CA*

"Donna creates a terrific workshop. I enjoyed and learned a lot. Donna is approachable and generous with her wealth of knowledge. Her facilitation encourages meaningful, supportive contributions by the participants." *Marci Spiegler, Practitioner, Los Angeles, CA*

"Donna's presence, humanity, calmness and great clarity in the way she teaches this material, gives me trust in myself. She embodies what she teaches." *Andrea Melita*  
*Thiem; Practitioner, Rome, Italy*