

FREE WEBINAR
January 12, 2020

kelownafeldenkraistraining.ca

The Feldenkrais Process

- at our learning edge



We are learning beings, and our ability to understand the HOW of learning can greatly influence our quality of acting and interacting in the world. How do we feel satisfied? How do we know we have done enough? How do we cope with frustration? How do we find different possibilities? How can we rediscover the JOY of learning?

Come join Julie Peck and the team of the Kelowna Feldenkrais® Teacher Training Program for a lively in-depth discussion of what it means to be on your learning edge from a Feldenkrais Method perspective. The team will delve into the joys and frustrations of learning and how the principles that guide how we live and function are embedded in the structure of the training process and each Awareness Through Movement lesson.

[Sign up here](#) for Sunday January 12, 2020