

Jeff Haller PhD

Learning Self Organisation

Moving from the Floor to Working at the Table

Set 1, Days 1-7 2010

Jeff Haller takes you on a journey into refining your self-organization so you can significantly improve your ability to function as a Feldenkrais Practitioner. Based on Feldenkrais principles of movement and functioning you will:

- Support yourself and work with proportional, equal distribution of tone;
- Improve your ability to listen to what your client communicates when you touch them;
- Improve the quality of your touch;
- Give higher-quality Functional Integration® lessons;
- Improve your comfort while working.

Archived Resources - 12 x Video DVD's in case

