

SEMINAR 4 – Core and Advanced Principles and Practice

This seminar will focus on the principle of ‘Differentiation’.

This principle, applied in ATM@s and directly connected to specific techniques, is one of Moshe Feldenkrais’ most original and revolutionary invention.

When he thought it up, Moshe described to us at home the ways in which taking apart and reconnecting wired-patterns affects not only impressive physical improvement, but directly reshapes and expands to brain function. This was at least 20 years before the concept of ‘brain plasticity’ was introduced by mainstream neuroscience.

In this seminar, you will experience the most relevant ATMs this principles addresses, as well as specific techniques and applications.

You will learn how to incorporate this simple, yet groundbreaking principle into every situation in order to improve your own and your clients experience exponentially.

As always, we link the ATM’s which specifically embody and utilize this principle directly to FI@s which you will practice in conjunction to each lesson. In addition, we will continue to prepare you to present ATM@s with clarity, precision and confidence.

We will keep the same timing of 2 hours on Saturdays and 1 hour on Sundays in each Zone.

DATES AND TIMES - please read carefully:

DATES:

November (18 USA evening) 19, 20, (USA 25 eve) 26, 27

December (2 USA eve) 3,4, (9 USA eve) 10,11, (16 USA eve) 17,18

Please note: **we will skip the weekends of Dec 24, 25 and Jan 1, 2. Christmas and New Year**

Resume:

January 2023 (6 USA eve) 7,8, (13 USA eve) 14,15,

Please note: **we will skip the weekends of Jan 20**, for an In Person Advanced Seminar in California

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(<https://mbsacademy.org/product/palo-alto-advanced-skills-workshop/>)

Last class of Seminar 4: January (27 USA eve) 28, 29

In order to prevent confusion and in case any clocks change during any time zone during this time, I am listing the class times and the partner work times, according to **USA PACIFIC** time zone. Please use any of the **online zone time tables** to be sure you have the correct times for your time zone.

Here are the PDT hours:

Zone 1

2 hours Saturday morning Zone 1. Which is **Friday 4.00-6.00 pm PDT** 1 hour Sunday morning Zone 1 - which is **4.00pm-5.00pm PDT**

Zone 2

Saturday evening Europe / am/mid day USA - **Saturday 10.00am-12.00 PDT**
Sunday evening Europe / am/ mid day USA **10.00am - 11.00 am PDT**

You may participate in any or all of those and you can alternate if necessary, as long as you take the 3 hours per weekend and fulfill the online material during the week, as before.

As usual, we hope that you can find a partner/ friend for the Sunday Hands -On classes. Since some people still have covid restrictions, if you can't manage that, Leora has found ways to coach you through the classes and you can practice from the recordings as well.

We look forward to seeing you there and spending some interesting and intriguing times together.

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