

DECEMBRE 2025;  
BRUXELLES



POST-FORMATION METHODE FELDENKRAIS AVEC MARA FUSERO

## FLUIDITY AND FORM- UNVEILING THE SECRETS OF THE SHOULDER GIRDLE

While conventionally, we might believe that our arms begin at our shoulders, a deeper exploration in the realm of ATM and FI reveals a more nuanced truth.

In this advanced training program led by Feldenkrais trainer Mara Fusero, we invite you to unravel the intricacies of the shoulder girdle and enrich your comprehension of its dynamic relationship with the entire body.

Embark on an immersive journey where the boundaries of our arms extend beyond the conventional perception. Just as a boxer's knockout punch originates from the push of the opposite big toe on the floor, our arms have distinct starting points influenced by the precision of our self-image.

In this advanced training we will :

explore the open nature of the shoulder girdle, allowing for a free and independent connection between the shoulders, arms, rib cage, and spine  
understand the muscular connections between the shoulder blade and rib cage, enabling voluntary control over shoulder movements  
discover how fluidity of shoulder movements is linked to the awareness and use of the spine, ribs, and head position  
learn how breathing and the relationship between the diaphragm and pelvic floor influence the functional use of arms and hands

Through a curated series of targeted ATM lessons and FI practices, we will work on clarifying the relation between distal and proximal and between the work of the big and strong muscular groups and the small and sophisticated ones. We'll explore functional connections that often remain unexplored, even for seasoned practitioners.

Don't miss this opportunity to expand your expertise and unlock new potentials in the Feldenkrais Method. Join us in this advanced training to refine your teaching skills and deepen your understanding of the body's interconnectedness.

**SATURDAY 6.12. 13H -20H ; SUNDAY 7.11. 9.30H - 16.30H**

**PAF 120€ pour le membre - 180€ pour les non membres**

( merci de faire votre virement au plus vite, qu'on puisse s'organiser au mieux ;)

MARA FUSERO

TEMOIGNAGES SUR L'ENSEIGNEMENT DE MARA

ASSOCIATION FELDENKRAIS BELGIQUE



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La formation sera donnée en français ou anglais selon le choix des participants

The masterclass will be given in english or french, to be decided by the inscribed students

to inscribe please make your payment to the account - pour vous inscrire  
veulliez fair votre paiement sur le conte - gelieve het bedrag over te  
maken op rekeningnummer

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BIC: GEBABEBB...

communication: Name + First name + Mara training post

Questions ?

contact Jenny 0477935361