"UNDER THE OAK" – with YEHUDIT SILVER

A 120-hours Feldenkrais masterclass, structured in **4 segments** of **5 days** (**30 hours** per segment)

When

22nd - 26th September 2023
26th - 30th January 2024
14th - 18th June 2024
27th September - 1st October 2024

Where

Club Kim Long
Via Enea Salmeggia, 11 20132 – Milan (MI)
(https://www.facebook.com/clubkimlong)

Cost

€580,00 (VAT excl.) for each 5-days segment
Audio recordings (MP3 format) of the program are included in the price
- It is possible to only participate to some of the segments -

Language

The Masterclass will be held in English language with Italian translation (depending on enrolments).

FELDENKRAIS Movimento e Funzione S.r.l.
Via Pecchio, 8
20131 Milano (MI)
Cell. 3358205490
www.feldenkraismovimento.it

How to apply

FELDENKRAIS Movimento e Funzione S.r.l. organises the masterclass.
Get in contact with us at:
feldenkraismovimentoefunzione@gmail.com
www.feldenkraismovimento.it

+39 375 7489442
+39 335 8205490

Introduction to the masterclass

This master class comprises a series of FI lessons designed by Yehudit Silver, inspired by and in memory of Prof. Alon Talmi, whose name means "oak" in Hebrew.

Prof. Talmi compiled a series of 20 structured FI lessons. Each lesson is constructed around a functional theme, which is explored in different positions. These lessons follow to the physical principles that characterize the Feldenkrais Method.

Yehudit spent 10 years at Prof. Talmi's side, absorbing his practical approach to the Feldenkrais Method. With his consent, she began teaching his lessons to fellow practitioners.

Each lesson of the masterclass is structured as a tree: the trunk of the tree is the lesson as designed by Prof. Talmi, and the branches offer a broad spectrum of options and possibilities, with attention to the finest details.

This master class is ideal for Feldenkrais practitioners who are interested in refining their practical and teaching skills in FI practice.

Goals

- To become acquainted with the Feldenkrais FI lessons designed by Prof. Talmi and to practice them.
- Adapting and applying these lessons to various pathologies and to a client's changing needs.
- Learn how to structure the FI process, so that it serves the unique needs of the client.
- Improve FI skills, such as sensitivity, sense of rhythm, the amplitude of force used and accurate transfer of movement.

Topics

- Upper body
- Lower body
- Chair lessons
- Advanced lessons for the whole body

Because each segment is connected to the previous one, we highly recommend attending all segments. However, it is not compulsory to participate to all of them and, according to the slots available in the course, it will be possible to enrol to individual segments.

About Yehudit Silver:

Yehudit completed the Tel Aviv 2 Feldenkrais Training Program with Dr. Chava Shelhav in 1991. She is now a certified Educational Trainer at the Wingate College of Physical Education (Israel) and she teaches Feldenkrais trainings and workshops in Israel and Europe.

Yehudit was instrumental in in introducing alternative medicine and Feldenkrais in health organisations in her home country, Israel. She has served as chairperson for the Israel Feldenkrais Guild for four years and represented the guild on the Board of Complementary Medicine Therapy.

In addition to her bachelor's degree as a nurse, she also holds a master's degree in Educational Program Development with an emphasis on Psychology.

For 10 years, Yehudit worked closely with Prof. Alon Talmi, one of Moshe Feldenkrais' 13 original students. It is during that time that she developed the "Under the Oak" program. So far, she presented her masterclass in Berlin, Stuttgart, Wien, Linz and Madrid.

Her ability to link the theoretical principles behind the Feldenkrais Method to their practical day-to-day application allows each practitioner studying with her to access the full potential of Functional Integration.

Useful links:

www.feldenkraismovimento.it

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