

# FUNCTIONAL DIFFERENTIATION



**POST-TRAINING FOR FELDENKRAIS PRACTITIONERS  
HELD BY EILAT ALMAGOR  
MILAN, ITALY, FEBRUARY 12,13,14,15, 2016**

**EILAT ALMAGOR**

International Trainer of the Feldenkrais Method®, Neuroscientist,  
graduated in Mathematics e Physics with a Doctrate in Neurophysiology

Translation from English by MAXIMILIAN ANDREWS

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CENTRO FELDENKRAIS

## Functional Differentiation



- What do we mean by functional differentiation?
- What do we mean by functional integration?
- By differentiation do we mean a differentiation of the parts of the body or of functions?
- How can we work in FIs and in ATMs in ways which ensure that the freedom of movements we gain in the lesson, will appear spontaneously in different future actions?
- What is the relationship between differentiation and constraint? (more constraints, greater differentiation?)

During these 4 days we will try together to answer these questions by practicing Functional Integrations® (FI) and by doing lessons of Awareness Through Movement® (ATM).

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## WHERE IT IS AND HOW TO GET THERE

ZONAK Via Spalato 11, Milan, Italy

<http://www.zonak.it/contatti/>

A few hundred meters from the Milano Porta Garibaldi railway station, ZONA K is easily reachable by public transportation.

**MM5 subway line** stop ISOLA

**MM2 subway line** stop GIOIA

**MM3 subway line** stop ZARA

## WHEN

**Friday, Feb. 12** from 1 p.m. till 7 p.m.

**Saturday, Feb. 13** from 10 a.m. till 5 p.m., with a lunch break

**Sunday, Feb. 14** from 10 a.m. till 5 p.m., with a lunch break

**Monday, Feb. 15** from 9 a.m. till 3 p.m.

## WHO IT IS ADDRESSED TO

The days on February 12, 13, and 15, 2016 are addressed to Feldenkrais practitioners exclusively. The day on Sunday, February 14, 2016 is also open to professionals who work in the health and wellness field (physicians, psychologists, psychotherapists, physiotherapists...) and to anyone interested in deepening their knowledge of the method.

## MATERIAL

The Feldenkrais practitioners are required to bring a mat and/or a blanket to work on the floor and a work table. Nine Feldenkrais work tables are available for those who are traveling from abroad or by train. A Feldenkrais work table is **INDISPENSABILE** for the work we will carry out. The firm Dolomius will rent out 3 extra work tables.

## LANGUAGE AND TRANSLATION

The seminar will be held in English and translated into Italian by Maximilian Andrews, interpreter of the professional course of formation for becoming qualified teachers of the Feldenkrais Method® at the Centro Scientifico del Movimento di Sogliano sul Rubicone (FC), directed by Eilat Almagor.

## LEARNING MATERIAL

The audio recording of the whole seminar will be sent to attendees.

## PRICES

The cost of the post-training is 440 Euro.

## CONTACT DETAILS

Gabriella Icardi

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**Website** [www.centrofeldenkraismovimento.it](http://www.centrofeldenkraismovimento.it)

## ENROLLMENT

- Write an email to [gabriella@centrofeldenkraismovimento.it](mailto:gabriella@centrofeldenkraismovimento.it) to verify the availability and receive the enrollment form.
- Fill out the enrollment form supplied by the administrative office.

**N.B. Before making a bank transfer, it is necessary to first check availability.**

## CERTIFICATE OF ATTENDANCE

All participants will receive a certificate of attendance.

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