

ATM® AS AN INTEGRAL PART OF AN IF® LESSON

—The Head and the Pelvis and Their
Impression on the Spine Connecting Them—



**SEMINAR HELD BY SIMONE ROLOFF
(ASSISTANT TRAINER) AND GABRIELLA ICARDI
(FELDENKRAIS® TEACHER)
CASSINASCO (AT), ITALY, SEPTEMBER 14,15,16, 2018**

**THE SEMINAR IS ADDRESSED TO FELDENKRAIS®
TEACHERS WHO WANT TO DEEPEN IN THE WORKSHOP
TAUGHT BY ANAT KRIVINE (INTERNATIONAL TRAINER
OF THE FELDENKRAIS® METHOD)**

Simone Roloff has worked in dance – mime – performances for more than twenty-five years before discovering Feldenkrais which has given her “a passion”

“Because of the people I worked with, I always felt that I could become myself as a teacher, that I didn’t have to be anyone else.”

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We will watch the videos of the FI® lessons demonstrated by Anat Krivine during the last post-training in June 2018. Guided by Simone Roloff and Gabriella Icardi we will practice ATMs® related to the functional integrations we will work on.

It will be possible to stay in the center. A cook will prepare breakfast, lunch and dinner for everyone, even vegetarians.

If you will travel by train we will pick you up at the nearby station.

The center will provide all the educational material needed – work tables, mats, pillows, and rollers.

All participants will receive a certificate of attendance, along with a receipt of the Association, the audio recordings of the ATM® and a summary of the functional integrations®.

It will also be an opportunity to take a short vacation and to meet again.

WHERE IT IS AND HOW TO GET THERE

Centro Feldenkrais Movimento! of Gabriella Icardi is located in Cassinasco (AT) on Rio Milani 161, a mountain community and protected area, in the heart of the region of the Langhe Piemontesi (UNESCO World Heritage).

How to reach it by car Cassinasco (AT) is in the Piedmontese region

(Piemonte), 130 km from Milan (Milano), 80 km from Turin (Torino), and 90 km from Genoa (Genova). The center, located in a valley plain, is connected to the main road and, thus, easy to reach by car.

How to reach it by train Asti or Alessandria main station.

How to reach it by plane Turin and Genoa airports.

SCHEDULE

Friday, September 14, from 5:30 p.m. till 8:30 p.m.

Saturday, September 15, from 10 a.m. till 5:15 p.m., with a lunch break

Sunday, September 16 from 9 a.m. till 3 p.m., with a one-hour lunch break

Total Hours:14

WHO IT IS ADDRESSED TO

The post-training is addressed to Feldenkrais® teachers.

N.B. It is not necessary to have participated in the previous meetings to take part in this one.

MATERIAL

The center will provide all the educational material needed: mats, pillows, and rollers.

ACCOMODATION

The center itself can host all the attendees. There are single rooms, rooms for two, for three, and 5 shared bathrooms.

BOARD

In order to make the most out of our time spent together and to foster conviviality among us, a cook will prepare breakfast, lunch and dinner for everyone. You will have the possibility to taste the typical Piedmontese dishes and to drink good wine typical of the area.

Please inform the staff of any food allergy or intolerance.

THE CENTER

The center is situated in a restored farmstead, in the hamlet of Rio Milani of Cassinasco, in the province of Asti, in the region of Piedmont. Surrounded by gorgeous hills, the landscape is evocative, fascinating and is immersed in the peace and quiet of the Langa Astigiana, a land of vineyards, woods, hazel groves, and medieval towers and castles. Please, click here for more pictures about the Feldenkrais R Movimento! in Cassinasco.

www.centrofeldenkraismovimento.it

LANGUAGE AND TRANSLATION

The course will be held in English and translated into Italian by Maximilian Andrews, interpreter of the Feldenkrais® formation in Strigara, directed by Eilat Almagor.

PRICES

The cost of the post-training is 200 Euro plus 20 Euro for the membership

fee of the organizing Association for a total of **220 Euro**.

The cost of the stay at the center, including the accommodation, 2 meals for breakfast, 2 for lunch, and 2 for dinner, is **130 Euro**.

For the enrollment make a bank transfer by August 30.

Bank account details

IBAN: IT30U0200801641000104102744

BANK: UNICREDIT

BIC SWIFT CODE: UNCRITMM

BENEFICIARY: CENTRO FELDENKRAIS MOVIMENTO

DESCRIPTION OF PAYMENT: ENROLLMENT FOR POST TRAINING SEPTEMBER 2018

CONTACT DETAILS

Gabriella Icardi

Telephone (+39)392-842-1061

Email gabriella@centrofeldenkraismovimento.it

Website www.centrofeldenkraismovimento.it

ENROLLMENT

Please send an email to Gabriella Icardi.

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, the audio recording and the summary of the functional integration.