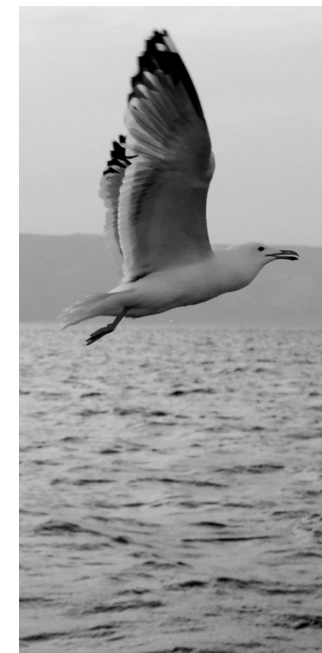
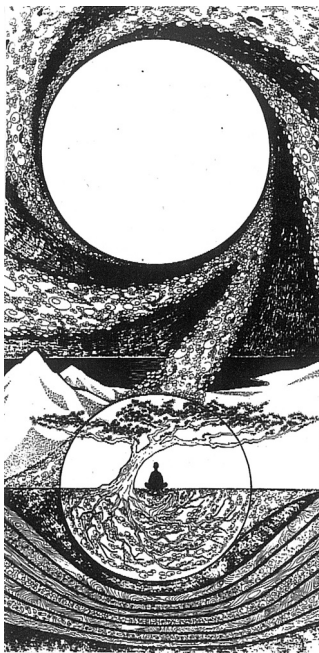


Russell Delman began to study Zen meditation and somatic psychology in 1970 as an undergraduate student in psychology. His training and personal relationship with Moshe Feldenkrais began in 1975, and he has since helped train more than 2500 Feldenkrais teachers all over the world. In recent years, Russell's close friendship with Eugene Gendlin («Focusing») has strongly influenced his work. Other powerful influences include Non-Violent Communication and his work with Mother Theresa in India. Russell offers Seminars, Retreats and a 3 year Mentorship program through the «The Embodied Life» school. www.russelldelman.com

Linda Evans Delman has been an international consultant and educator in the fields of Psychology, Conscious Movement and Spirituality for over 40 years. She trained directly with Dr. Moshe Feldenkrais and is an authorized Feldenkrais® trainer. She joined the faculty of the Embodied Life School™ in 2015. Deeply influenced by Spatial Dynamics™, Eurythmy and Mother Nature, her study of consciousness, movement and freedom, continues to guide her life.

Wochenendseminar mit Russell und Linda Delman 17./18. Oktober 2020
The Embodied Life™ / Meditation, Guided Inquiry and the Teachings
of Moshe Feldenkrais

Fear to Love: Wholehearted Living in Challenging Times



Fear to Love: Wholehearted Living in Challenging Times

For many of us these are challenging times. In addition to our individual challenges, we are concerned about the planet and the many societal conflicts that abound. It takes great courage to show up for the joys and sorrows of everyday life. Learning to be wholeheartedly present to life as-it-is is the key to growing the world we want for ourselves, our loved ones the next generations.

When our hearts are constricted in fear, our natural caring, our joy and capacity for love are hindered. With guidance and practice, we all can learn to be more fully present for this precious life. The Embodied Life teachings focus on three doorways for growing this wholehearted presence. Simply said, we need the capacity to: 1) befriend our own thoughts, 2) warmly welcome our feelings/emotions and 3) find a grounded, centered ease in our own bodies. Embodiment is a profound and reliable doorway to the present moment.

Our practices:

Embodied meditation is based in the Zen practice of «just sitting». We learn to experience the moment just as-it-is. Chairs are available.

Embodied Inquiry includes a variety of awareness experiments based in the Focusing method of Eugene Gendlin.

Embodied movement is based in the lessons of Moshe Feldenkrais. These are very effective ways of transforming our movement patterns and growing bodily awareness. In addition, we have developed powerful vertical movements that directly impart the essentials of embodiment.

These days will be primarily experiential with: Guided meditations, Movement lessons, Awareness processes and Conversations. We expect that you will experience yourself in delightful and perhaps new ways! Wholeheartedly and Warm-heartedly living into our one precious life is the gift we can give to ourselves and to each other.

We invite you to join us in this journey.

Russell and Linda Delman

Wochenendseminar mit Russell and Linda Delman (public workshop)

Datum	17./18. Oktober 2020
Zeit	Samstag 9.30 - 16.30 Uhr und Sonntag 9.30 - 16.00 Uhr
Ort	Kirchgemeindehaus Frieden, Friedensstr. 9, 3007 Bern
Kosten	CHF 360.–/CHF 320.– reduziert (Studierende/AHV, Paare) Embodied Life -Teilnehmer/innen CHF 200.-
Anmeldeschluss	18. September 2020
Kurssprache	Englisch (teilweise Übersetzung möglich)
Information	Katrin Arn, Feldenkrais Methode, Mottastrasse 8, CH–3005 Bern Tel. 0041 (0)31 311 79 70
Besonderes	Covid 19 - das Seminar wird entsprechend der im Herbst geltenden Vorschriften wahrscheinlich mit einer reduzierten Anzahl der Teilnehmer/innen durchgeführt
Anmeldung	Anmeldung per mail an: studio@ka-feldenkraismethode.ch oder mit untenstehendem Talon

Die Anmeldungen werden in der Reihenfolge ihres Eintreffens berücksichtigt. Es folgt eine Anmeldebestätigung mit Einzahlungsschein. Abmeldungen nach dem 18. September sind nur möglich, wenn ein/e Ersatzteilnehmer/in zur Verfügung steht. Für Feldenkraispractitioner: Das Seminar gilt als methodenspezifische Weiterbildung A2 (es werden maximal 10 Stunden pro Jahr als Weiterbildung angerechnet).