



#4 Skillful Hands



We will focus deeply on our hands in this workshop. The specificity of our actions and manipulations is an important element to be refined. How do we bring power and intention to our hands and fingers? What are the underlying principles of organisation and coordination?

Welcome to Grabenstätt near lake Chiemsee. Numerous mountains and lakes in this region provide relaxation for body, mind and soul and offer many possibilities for activities in nature.

Language: English and German

Maximum number of participants: 14 - that guarantees ideal learning in a small group

Instructors: Thomas and Verena Farnbacher

Thomas and Verena are Feldenkrais practitioners since 1995. Their background knowledge is based on medicine, dance and martial arts. Both are certified JKA practitioners, in working with special needs children and have extensive experience in this work area.

Thomas works as Trainer in Training programs and teaches Advanced Workshops.

Verena conducts the 'Haus der Bewegung' in Grabenstätt, a practice for Feldenkrais as well as work with special needs children and functional oriented Yoga and is an Assistant Trainer

[See our offer!](#)

