

FELDENKRAIS METHOD - 1st Time in Malaysia

TNDP (The Training and Development People) is introducing FELDENKRAIS to the people of Malaysia.

What is The Feldenkrais Method?

The *Feldenkrais Method* improves physical and mental function through the exploration of body movement patterns and the use of attention.

Who is Feldenkrais recommended for?

A Feldenkrais method relieves pain, improves mobility and enhances performance of professional athletes, dancers, musicians and actors. People with scoliosis, RIS, and other bone related pain (stiffness, injured knee, stroke rehabilitation, for athlete injury etc) will find this method beneficial to them.

It has shown itself to be effective with neurologically based movement difficulties, learning disabilities, and is applicable to anyone young and old. Repetitive Risk injuries caused by long hours of training on musical instruments, golf, ballet, typing etc.

Who should attend?

Health service providers all over the world, including Pilate teachers, Yoga teachers, Physiotherapists, Chiropractors and doctors attending to people with special need have found Feldenkrais Method to be of great value to add to their service; people recovering from physical disabilities such as stroke, whiplash; people with repetitive risk injuries; and coach for high performance personnel in the field of athletic, music, singing and dancing.

Malaysia

Venue: Grand Margherita Hotel, Kuching Sarawak

Date: 3-5 August 2010 (3 days)

Fee: RM 1,700

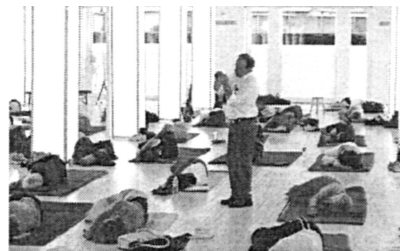
Individual FI -2 hours per session-

Malaysia

Venue: Grand Margherita Hotel, Kuching Sarawak

Date: To be advised

Fee: RM 600



Facilitator: Dr. Viet Siegmund

Where to register:

TNDP

1st floor, Lot 3119, Block 10, Hock Kui Commercial Centre,

Jalan Tun Ahmad Zaidi Adruce, 93150 Kuching,

Sarawak, Malaysia

Call us on (82) 417668

Or e mail us on tndpmcm@yahoo.com / puncakmahajaya@yahoo.com

Website add: www.tndp.com.my

****registration need to reach us on / before 10th July 2010.****

Need more info?

There is the introduction on Feldenkrais in you tube: <http://www.youtube.com/watch?v=uvoBRIHdqbs>

A link to U-tube, on the treatment of the German lady. The joy in the lady after treatment was unmistakable.

<http://www.voutube.com/watch?v=-XaLFO-41C4>

The Story of Elizabeth - At age 13 months Elizabeth was diagnosed as having global brain damage and was given a bleak diagnosis. See Elizabeth 20 years later in this "healing Quest" video - a vibrant fully functioning young woman at <http://anatbanielmethod.com/videos/index.htm>

<http://www.kinesophics.ca/>

<http://www.anatbanielmethod.com/aiticles/scoliosis.pdf>

<http://www.anatbanielmethod.com/scoliosis.htm>

<http://www.feldenkraisguild.com/method/articles/>